CHORD & SCALE WORKOUT

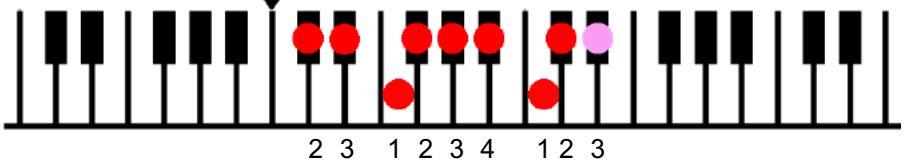
IN ALL OTHER KEYS

THE KEY OF D FLAT MAJOR

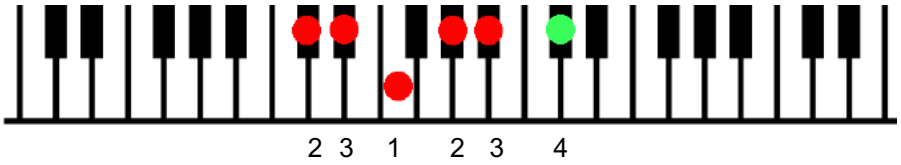
Db1

SCALES

Db major

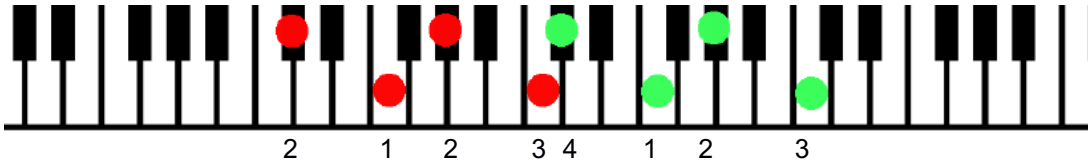


Db Pentatonic

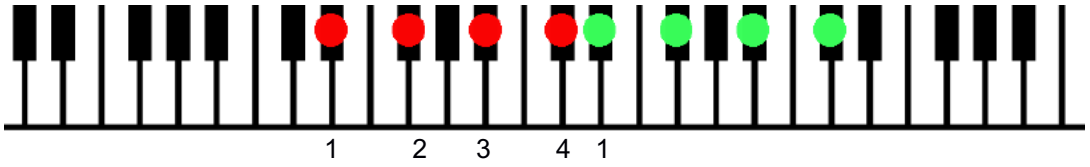


CHORD FAMILY FOR Db MAJOR (Two Octaves)

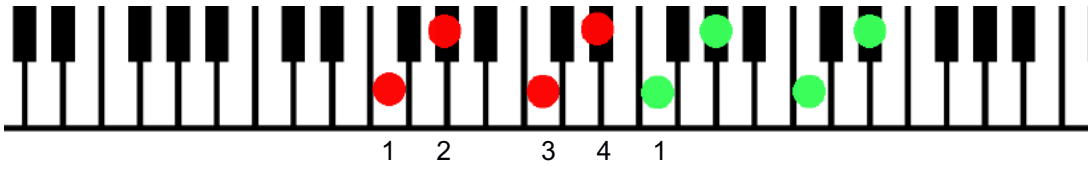
DbM7 — I



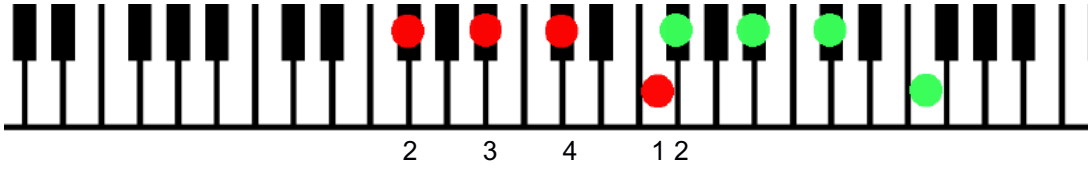
Ebm7 — II



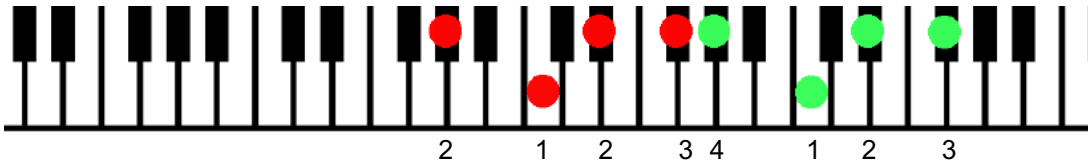
Fm7 — III



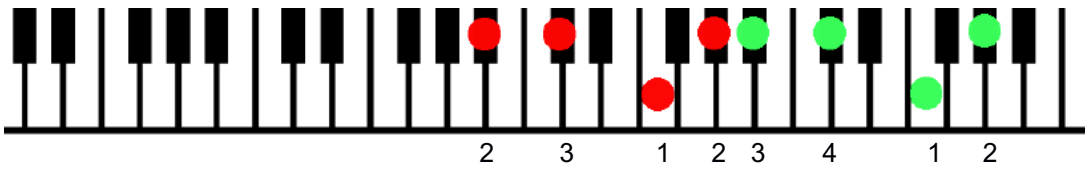
GbM7 — IV



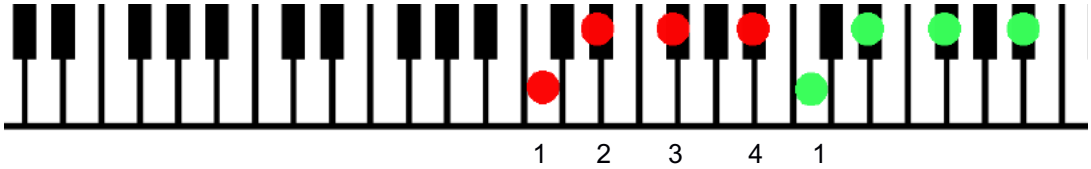
Ab7 — V



Bbm7 — VI



C°7 — VII



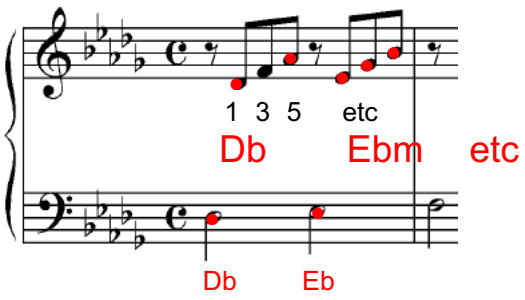
Db MAJOR BASIC TRIAD WORKOUT

Db2

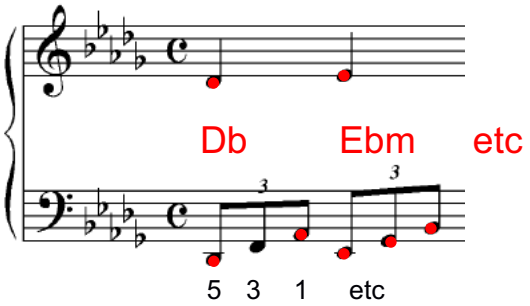
Db FAMILY CHORDS

Db Ebm Fm Gb Ab Bbm Cdim

RIGHT HAND workout

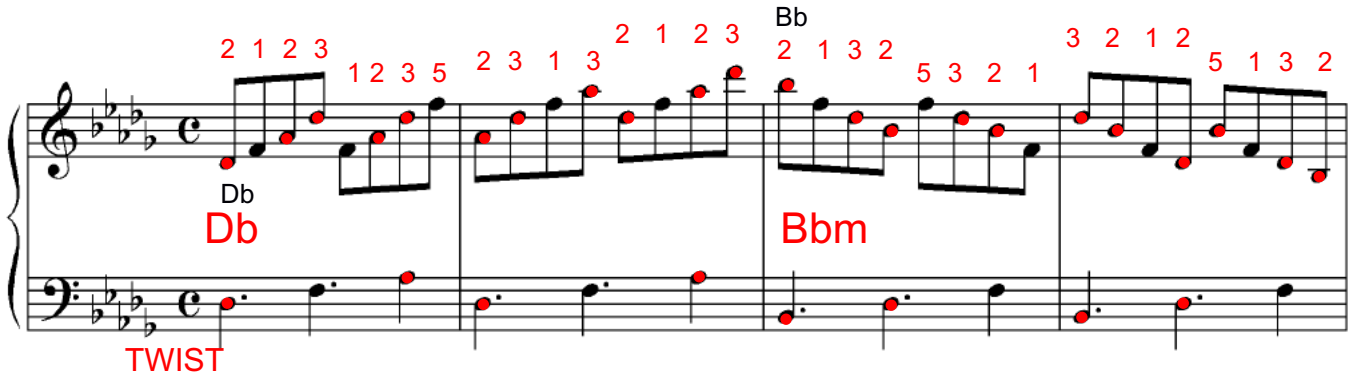


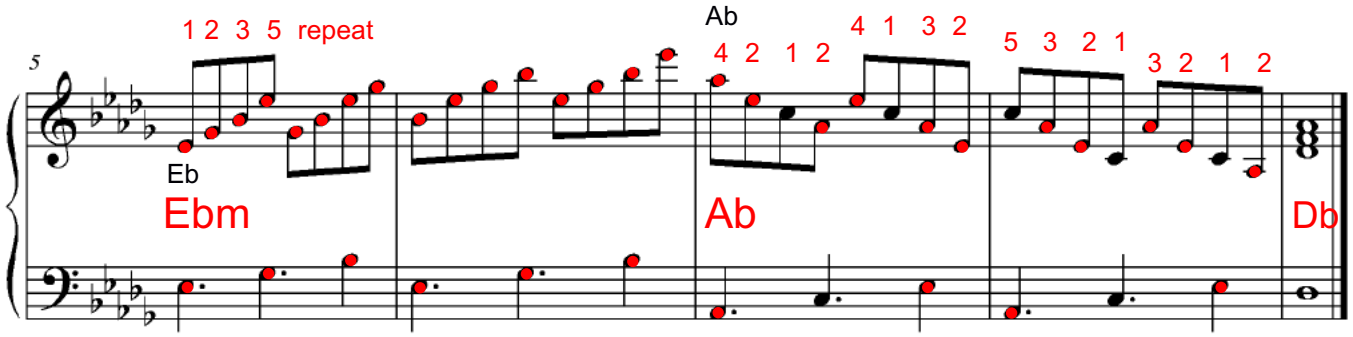
LEFT HAND workout



GO up and back down in both execises

BROKEN CHORD TWIST **I - VI - II - V** Progression





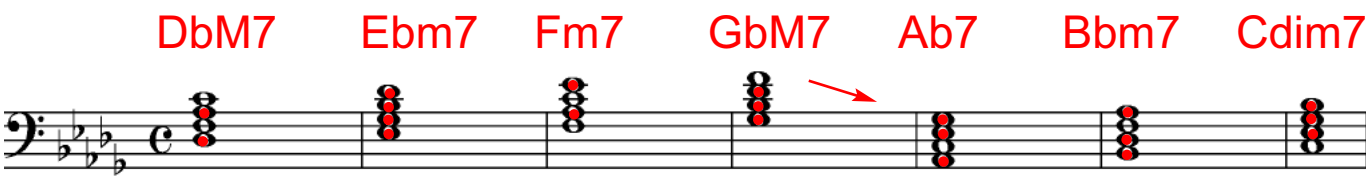
Play the above again but this time change the order of ascending and descending
ie Start on a high Db and descend then go up an Bbm and so on. See if you can work out the fingering. Try to keep your THUMB off the black keys IF POSSIBLE.

No. of times practiced

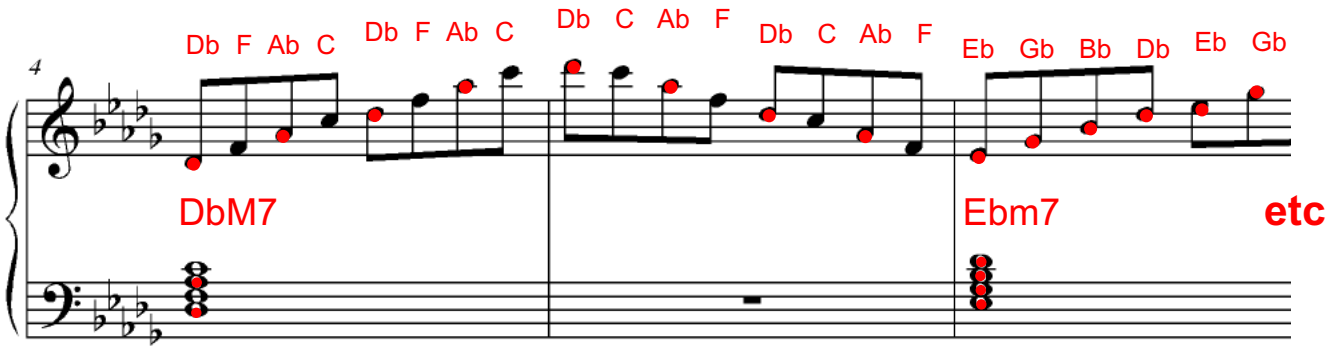
☐ ☐

7th CHORDS WORKOUT **Db**$_3$

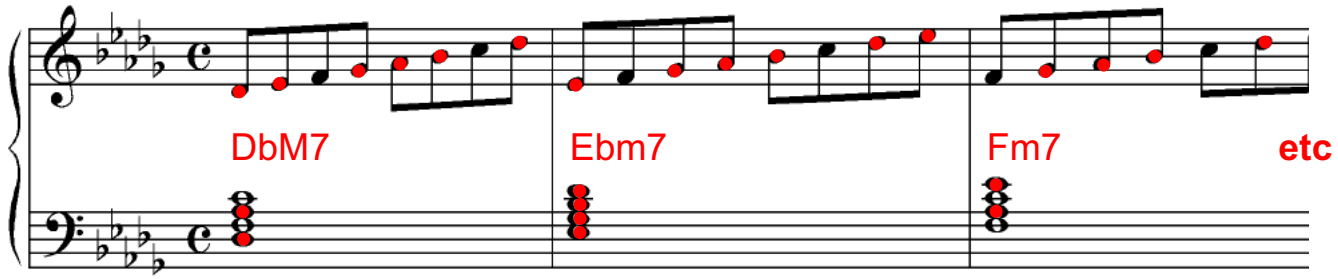
Db FAMILY CHORDS - Left Hand



BROKEN 7th CHORDS WORKOUT 2 octaves / up and down (see page xx for fingering)



Db MAJOR SCALE WORKOUT Scale of Db (starting on each chord note)



Db Family 7 chords

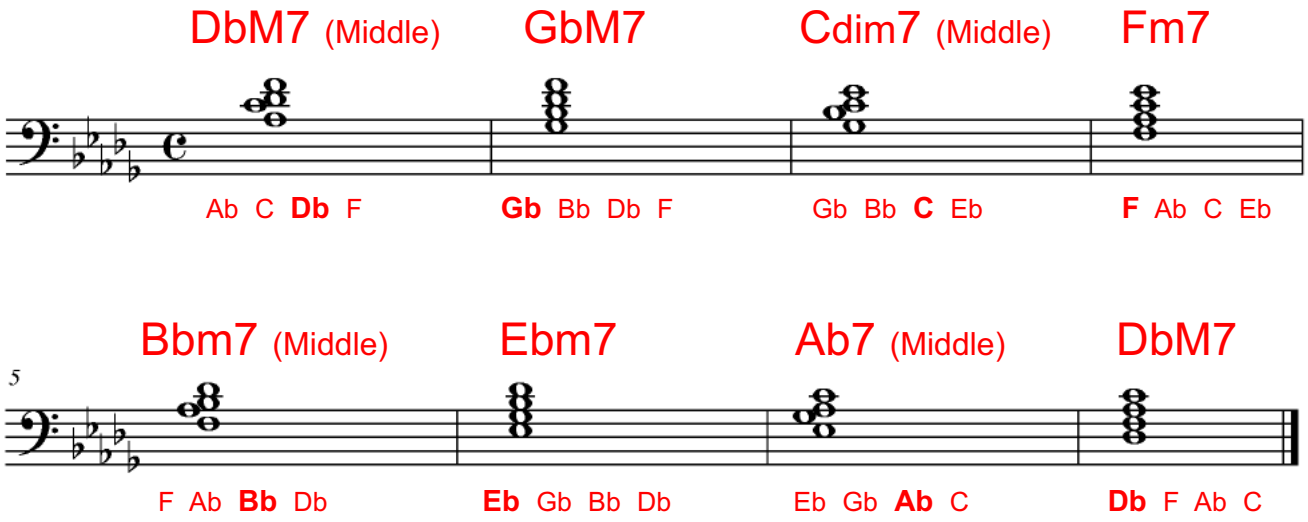
No. of times practiced

☐ ☐

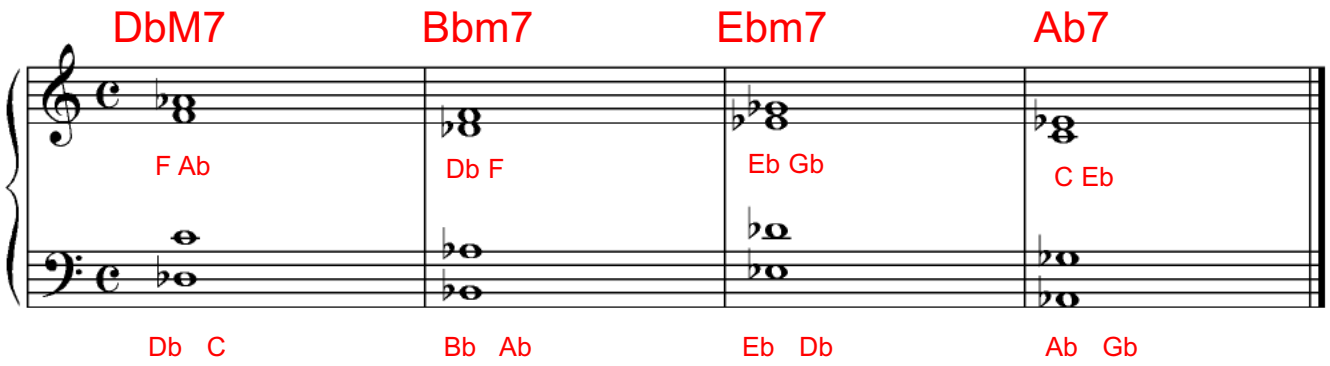
7th CHORDS WORKOUT **Db4**

Db FAMILY CHORDS (The CATERPILLAR)

CYCLE OF FIFTHS PROGRESSION



I - VI - II - V VOICINGS (Right hand can IMPROVISE as well)

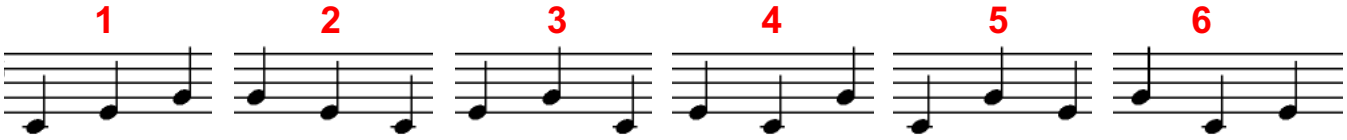
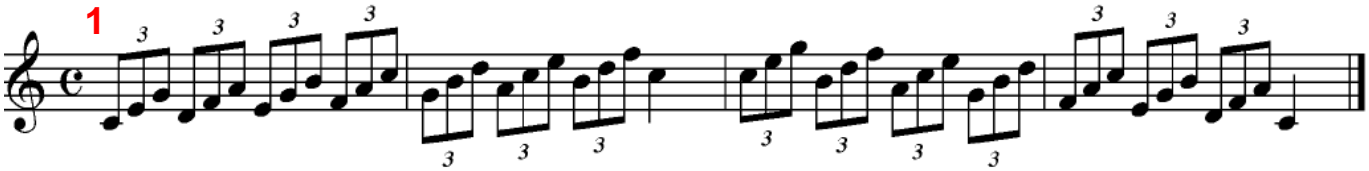
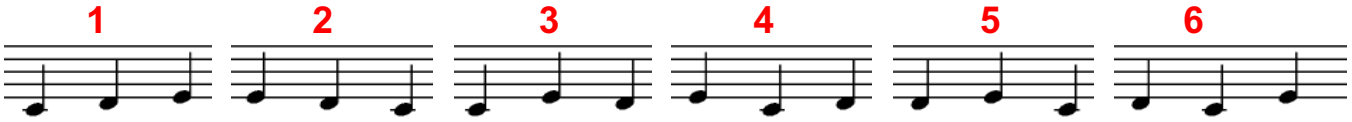
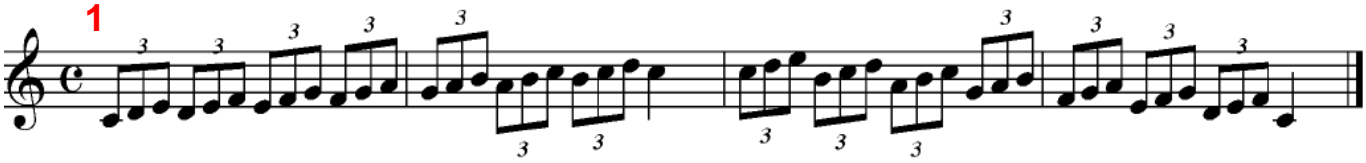
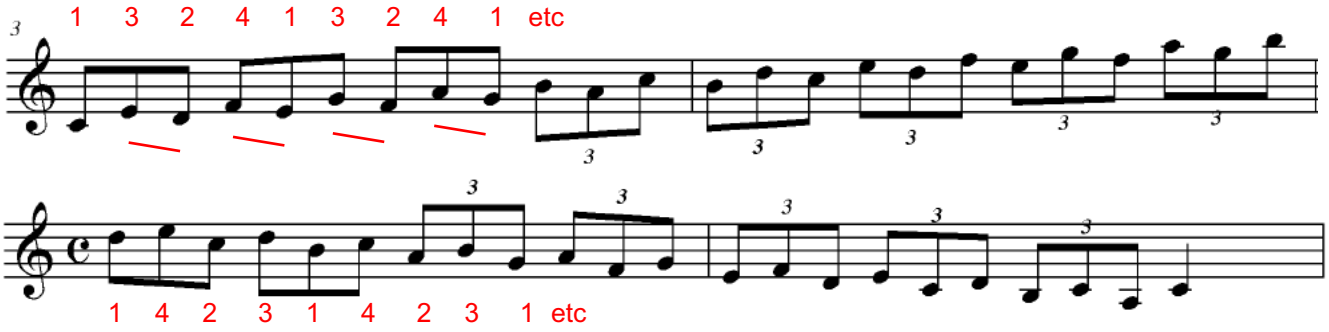
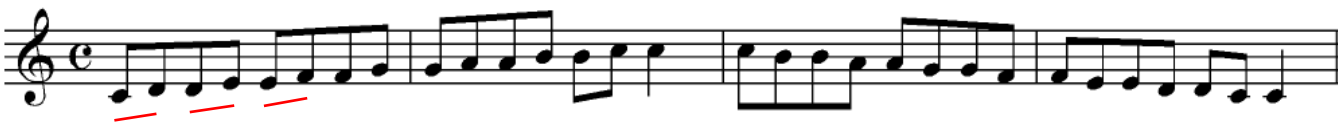


No. of times practiced

TWELVE THREE NOTE MELODIC PATTERNS **Db5**

TRANSPOSE the following patterns to the key of Db

For fingering see page 30

CHORDAL

Practice each pattern up one octave then down again as follows..

SCALE-WISE

Practice each pattern up one octave then down again as follows..

The following is a mixture of two of the above patterns. If you look closely it is like a two note pattern played in thirds. Try it - it's easier than it looks.

DIATONIC (TWO note pattern) Use the fingering you use for the major scale

No. of times practiced

☐ ☐

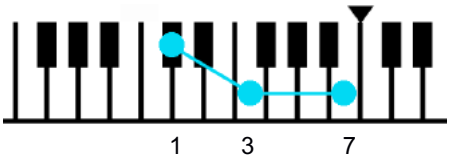
BLUES PRACTICE - 3

BASIC BLUES WORKOUT

Db6

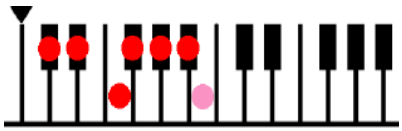
Improvise over the left hand chords with CHORD TONES or these scales
The Db BLUES Scale can be used throughout

Db7

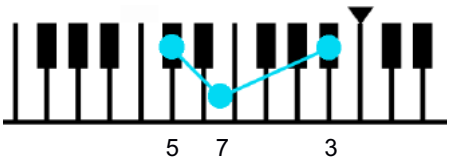


Db BLUES Scale

Db7 Scale

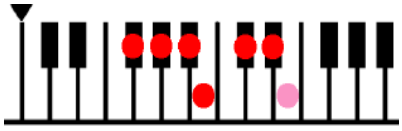


Gb7

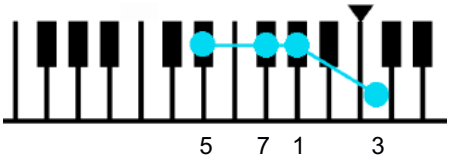


Gb BLUES Scale

Gb7 Scale

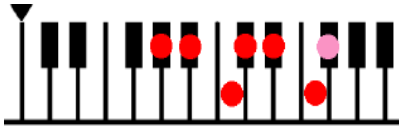


Ab7



Ab BLUES Scale

Ab7 Scale



Db7	Db7	Db7	Db7	Gb7	Gb7
Db7	Db7	Ab7	Gb7	Db7	Db7 or Ab7

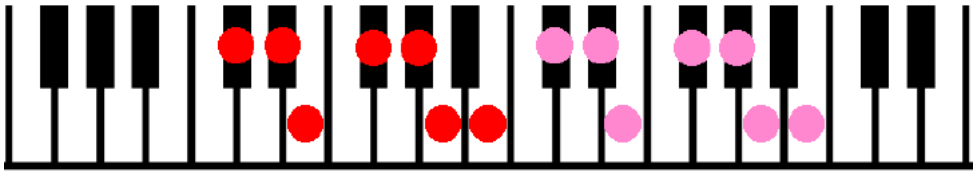
No. of times practiced

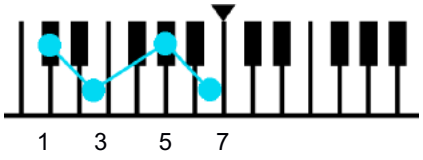
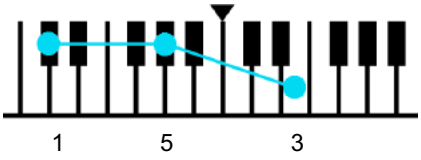
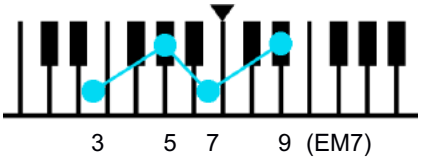
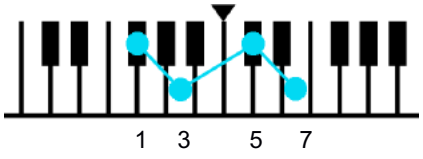
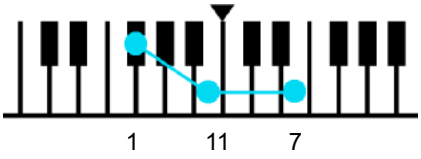
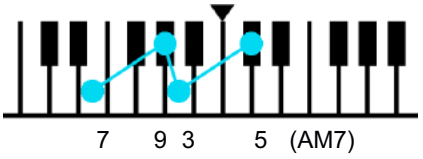
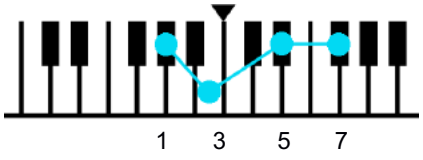
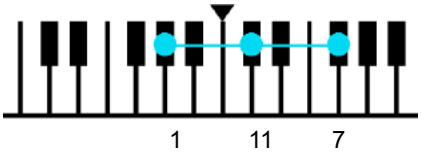
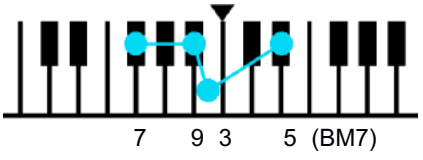
☐ ☐

MINOR BLUES WORKOUT

Db_7

Db (or C#) MINOR (Natural) SCALE / same notes as E



1.	2.	3.
Dbm7  1 3 5 7	**Dbm7 alt**  1 5 3	**Dbm7 alt**  3 5 7 9 (EM7)
Gbm7  1 3 5 7	**Gbm7 alt**  1 11 7	**Gbm7 alt**  7 9 3 5 (AM7)
Abm7  1 3 5 7	**Abm7 alt**  1 11 7	**Abm7 alt**  7 9 3 5 (BM7)

Don't worry about following a chord progression - just change chords when you feel like it.

Improvise using chord tones and scale patterns - experiment - the altered chords are very dissonant so you will be able to make mistakes and still sound good.

No. of times practiced

☐ ☐

BLUES PRACTICE - 3

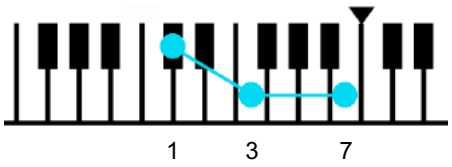
TRADITIONAL JAZZ / BLUES PROGRESSION

Db8

Db7	Gb7	Db7	Db7	Gb7	Gdim
Db7	Bb7	Ebm7	Ab7	Db7 Bb7	Ebm7 Ab7

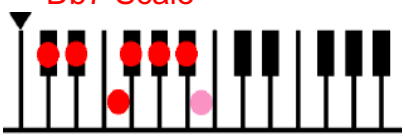
Improvise with CHORD TONES or these scales
(Db BLUES scale can be used throughout)

Db7

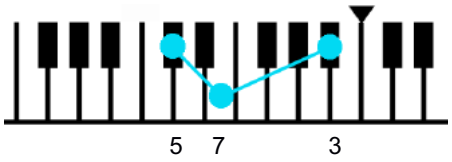


Db BLUES Scale

Db7 Scale

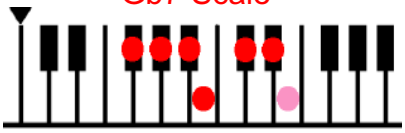


Gb7



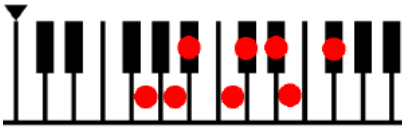
Gb BLUES Scale

Gb7 Scale

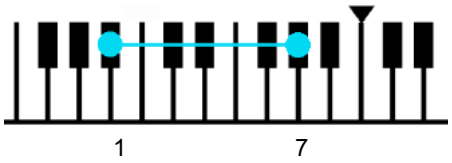


Gdim

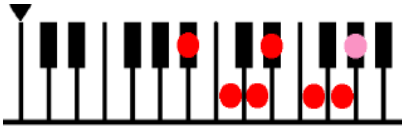
G dim Scale



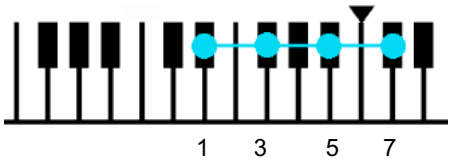
Bb7



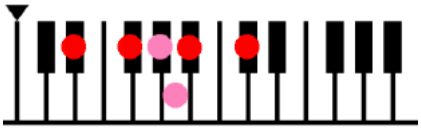
Bb7 Scale



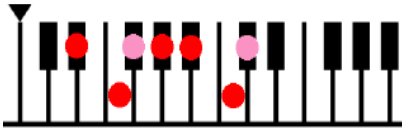
Ebm7



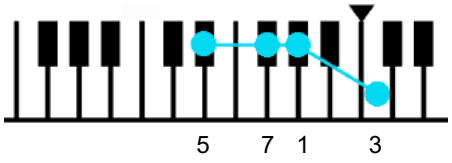
Eb BLUES Scale



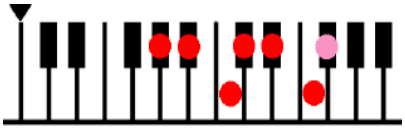
Ebm7 Scale



Ab7



Ab7 Scale



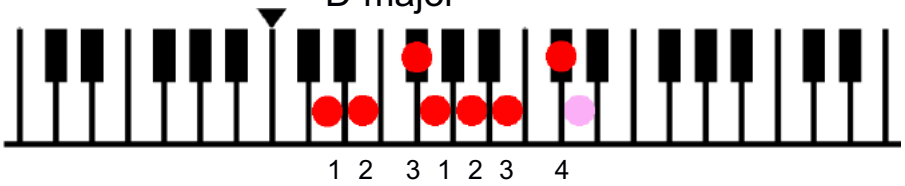
No. of times practiced

THE KEY OF D MAJOR

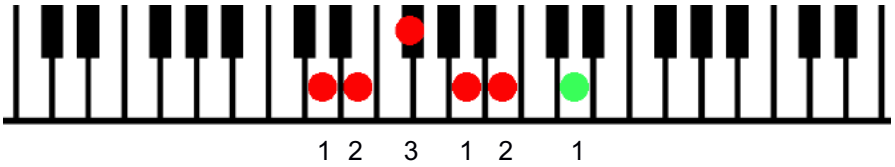
D1

SCALES

D major

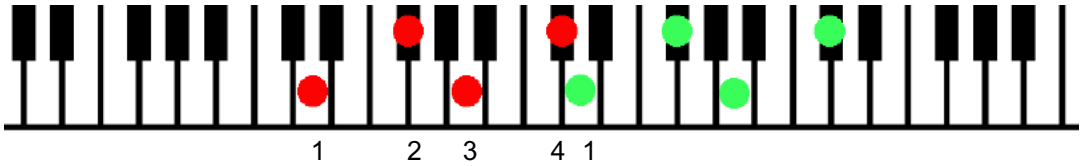


D Pentatonic

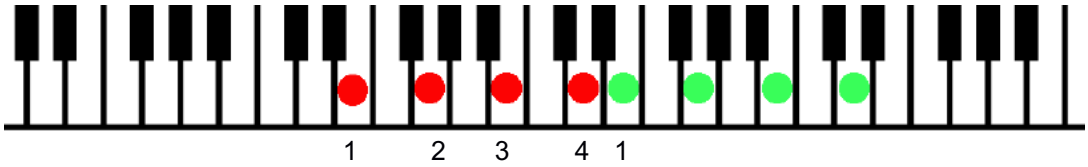


CHORD FAMILY FOR D MAJOR (Two Octaves)

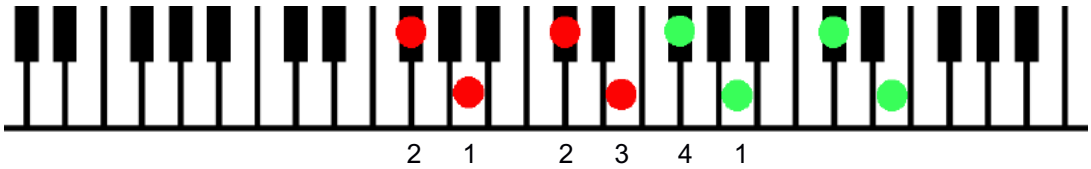
DM7 I



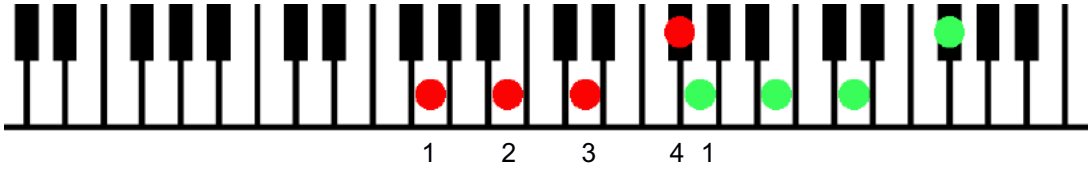
Em7 II



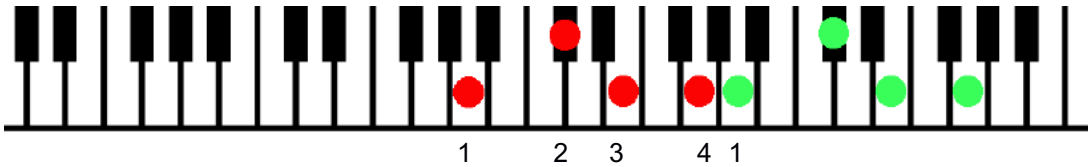
F#m7 III



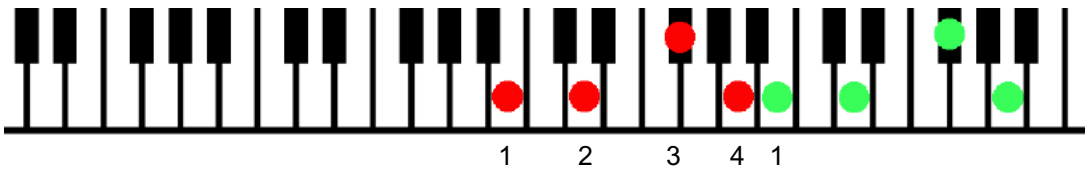
GM7 IV



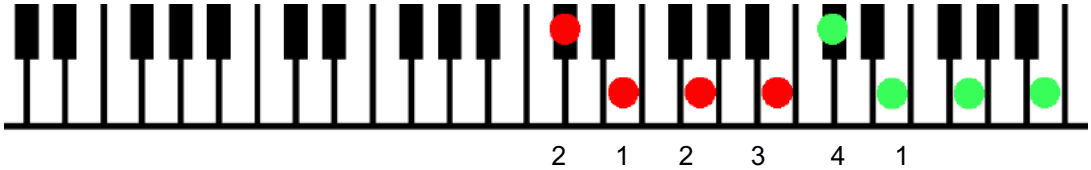
A7 V



Bm7 VI



C#°7 VII



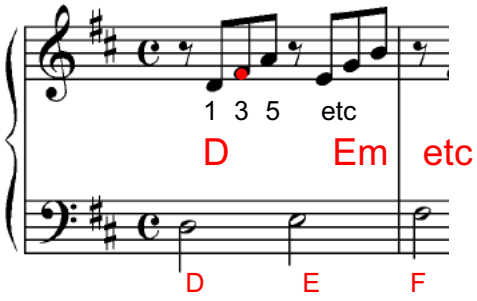
D MAJOR BASIC TRIAD WORKOUT

D2

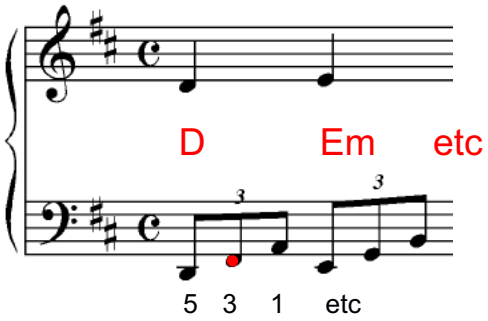
Db FAMILY CHORDS

D Em F#m G A Bm C#dim

RIGHT HAND workout

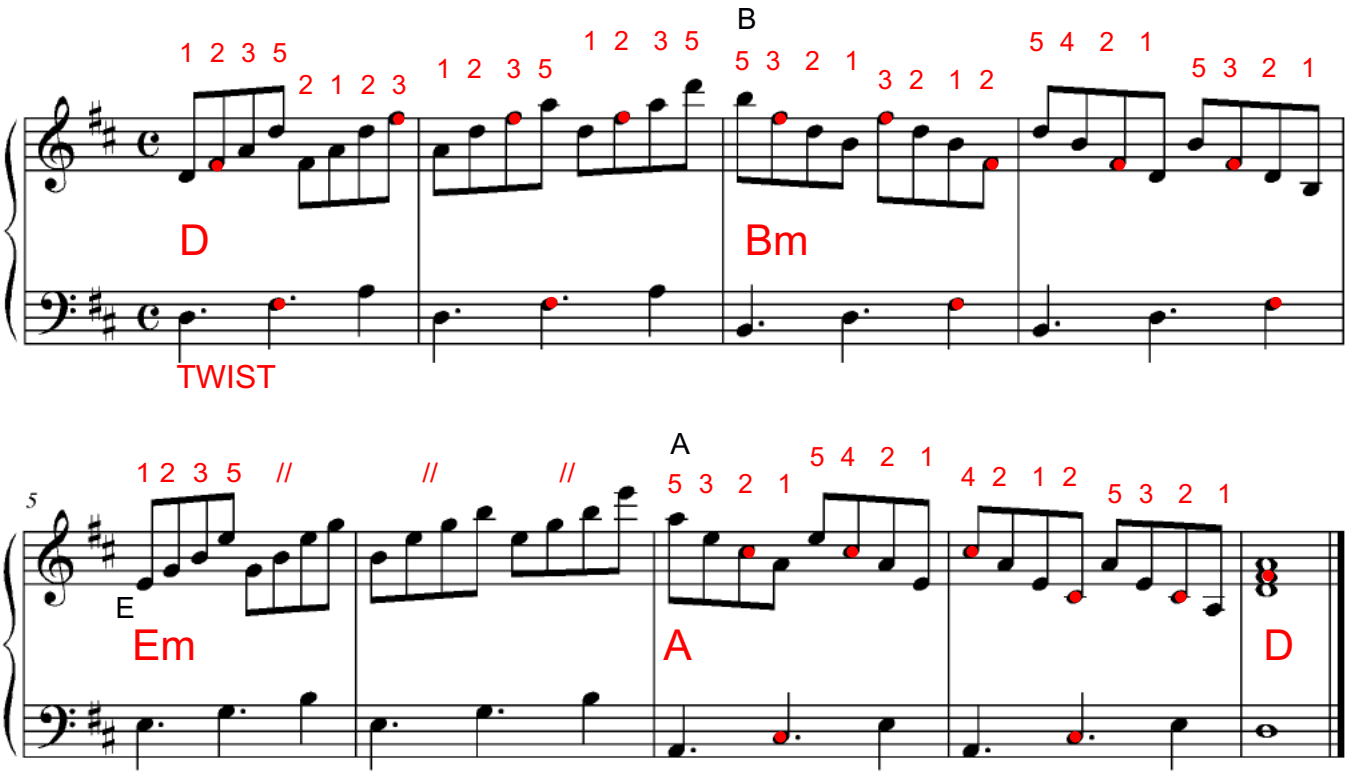


LEFT HAND workout



GO up and back down in both execises

I - VI - II - V BROKEN CHORD TWIST (Practice RIGHT HAND only to begin with)



Play the above again but this time change the order of ascending and descending ie Start on a high D and descend then go up a Bm and so on. See if you can work out the fingering. Try to keep your THUMB off the black keys IF POSSIBLE.

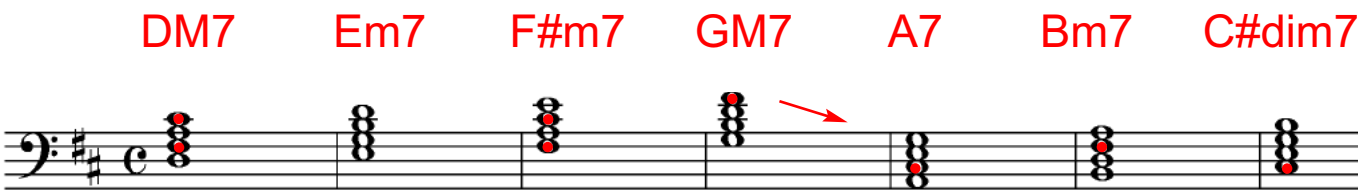
No. of times practiced

☐ ☐

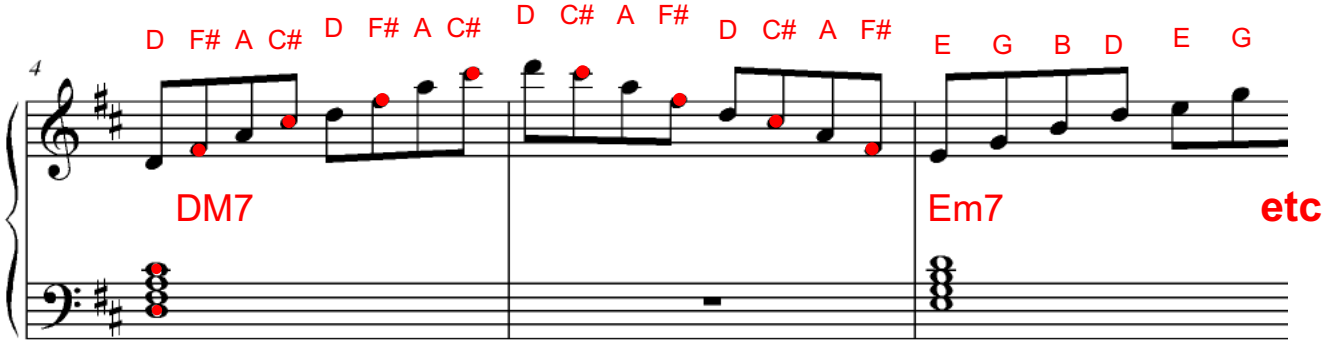
7th CHORDS WORKOUT

D$_3$

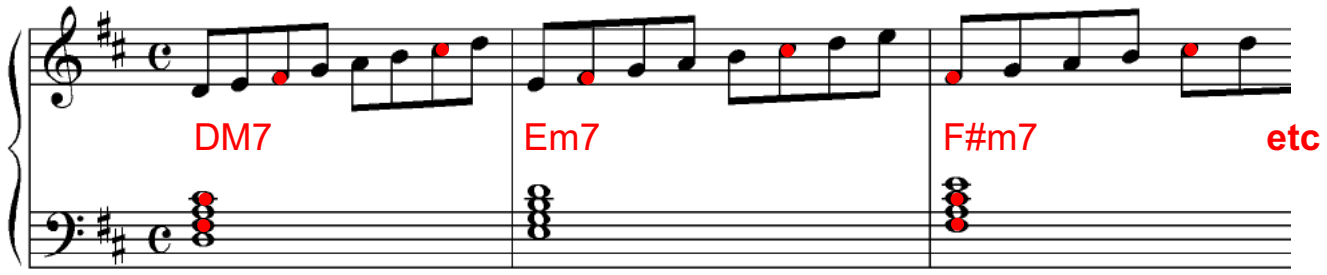
D FAMILY CHORDS - Left Hand



BROKEN 7th CHORDS WORKOUT 2 octaves / up and down (see page xx for fingering)



D MAJOR SCALE WORKOUT Scale of D (starting on each chord note)

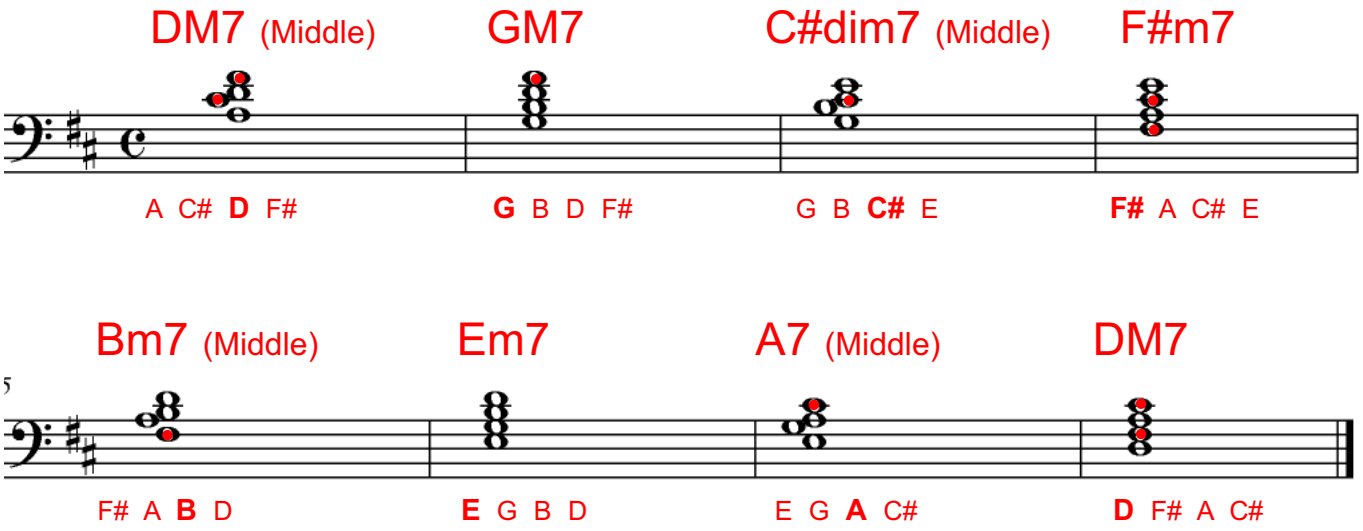


D Family 7 chords

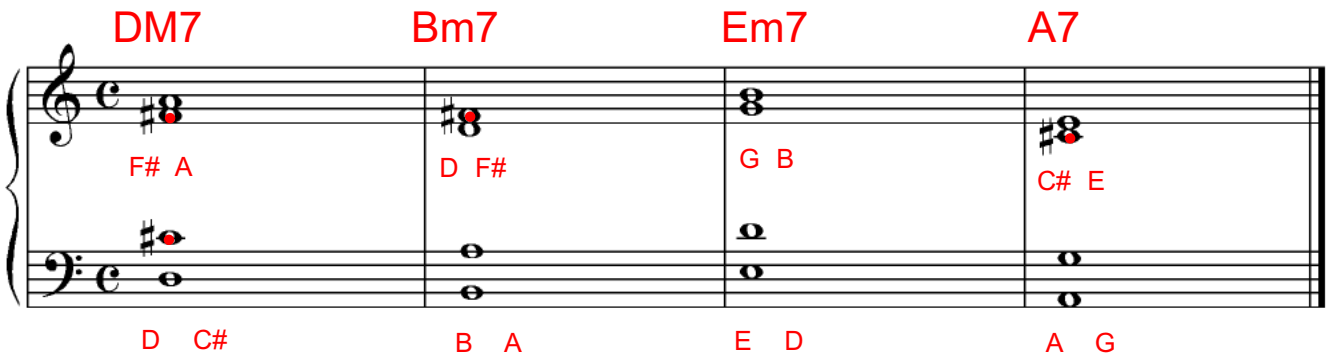
No. of times practiced

☐ ☐

D FAMILY CHORDS CYCLE OF FIFTHS PROGRESSION
(The CATERPILLAR)



I - VI - II - V VOICINGS (Right hand can IMPROVISE as well)



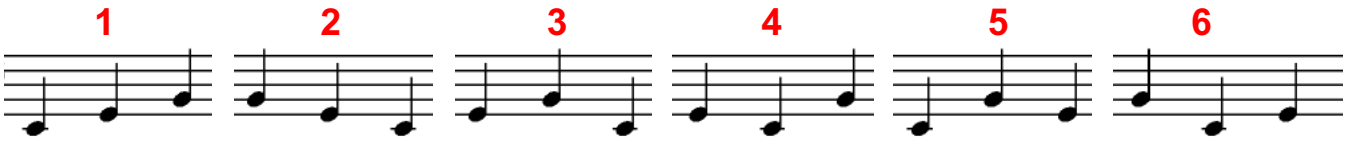
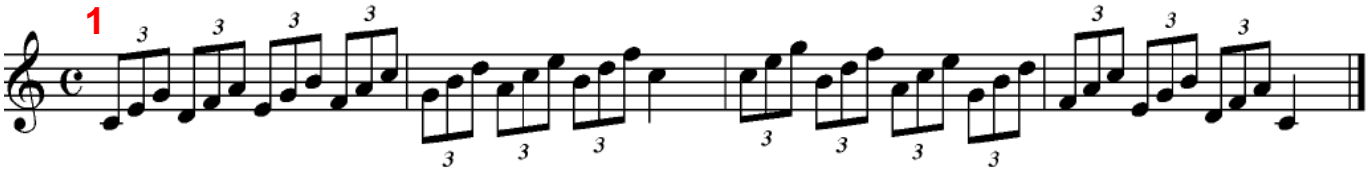
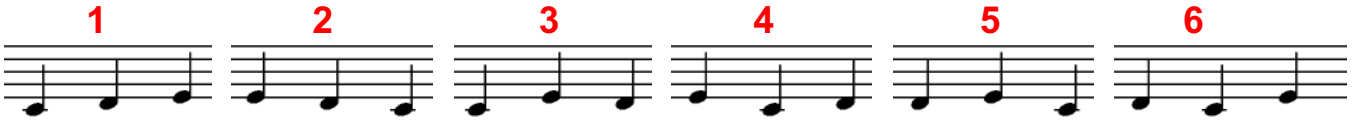
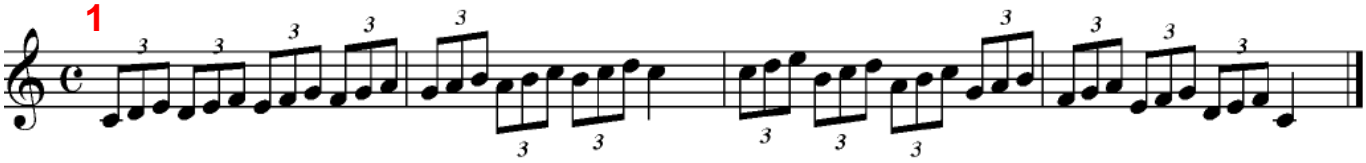
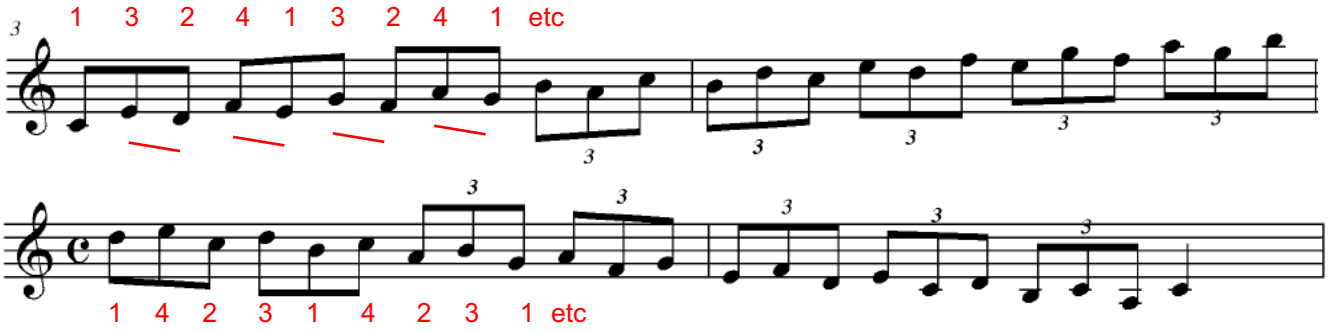
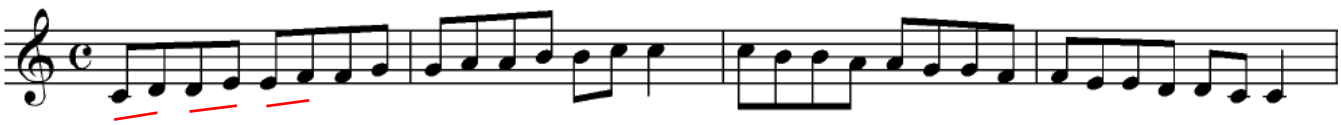
No. of times practiced

TWELVE THREE NOTE MELODIC PATTERNS

D5

TRANSPOSE the following patterns to the key of D

For fingering see page 38

CHORDAL

Practice each pattern up one octave then down again as follows..

SCALE-WISE

Practice each pattern up one octave then down again as follows..

The following is a mixture of two of the above patterns. If you look closely it is like a two note pattern played in thirds. Try it - it's easier than it looks.

DIATONIC (TWO note pattern) Use the fingering you use for the major scale

No. of times practiced

☐ ☐

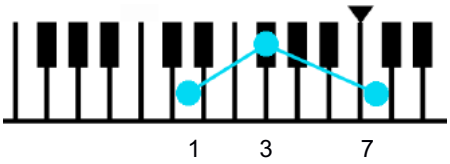
BLUES PRACTICE - 3

BASIC BLUES WORKOUT

D6

Improvise over the left hand chords with CHORD TONES or these scales
The D BLUES Scale can be used throughout

D7

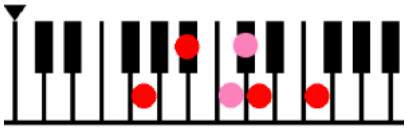


D BLUES Scale

D7 Scale

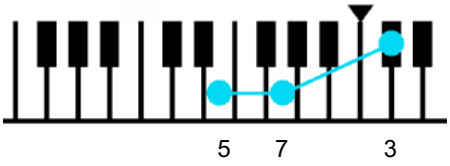
G7

G BLUES Scale



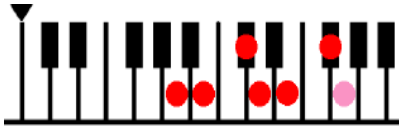
G7 Scale

A7



A BLUES Scale

A7 Scale



D7	D7	D7	D7	G7	G7
D7	D7	A7	G7	D7	D7 or A7

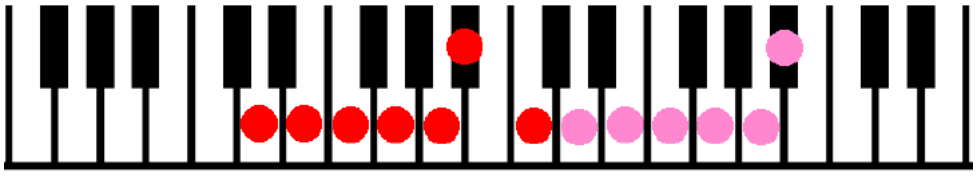
No. of times practiced

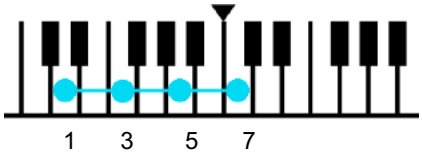
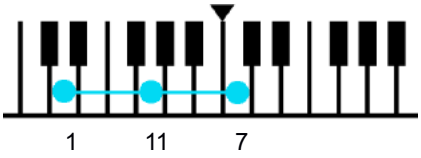
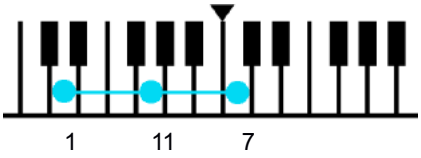
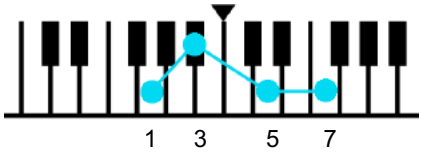
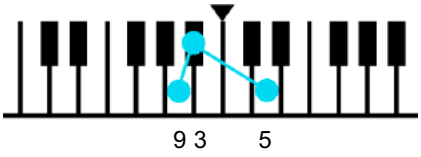
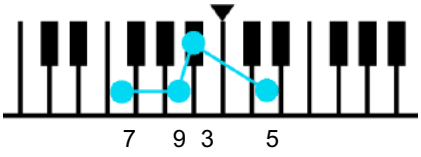
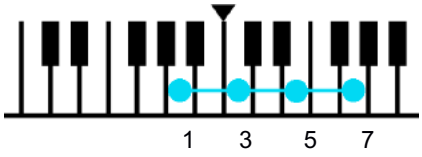
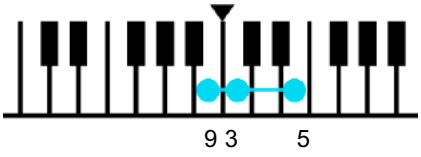
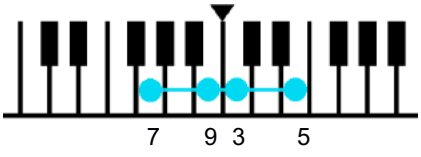
☐ ☐

MINOR BLUES WORKOUT

D7

D MINOR (Natural) SCALE / same notes as F major



1.	2.	3.
Dm7  1 3 5 7	**Dm7 alt**  1 11 7	**Dm7 alt**  1 11 7
Gm7  1 3 5 7	**Gm7 alt**  9 3 5	**Gm7 alt**  7 9 3 5
Am7  1 3 5 7	**Am7 alt**  9 3 5	**Am7 alt**  7 9 3 5

Don’t worry about following a chord progression - just change chords when you feel like it.

Improvise using chord tones and scale patterns - experiment - the altered chords are very dissonant so you will be able to make mistakes and still sound good.

No. of times practiced

☐ ☐

BLUES PRACTICE - 3

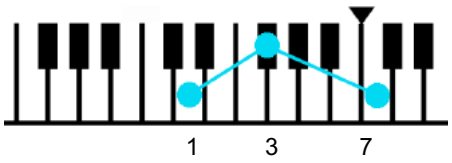
TRADITIONAL JAZZ / BLUES PROGRESSION

D8

D7	G7	D7	D7	G7	G#dim
D7	B7	Em7	A7	D7 B7	Em7 A7

Improvise with CHORD TONES or these scales
(D BLUES scale can be used throughout)

D7

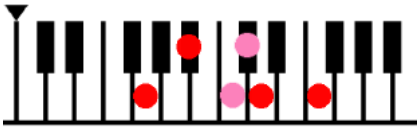


D BLUES Scale

D7 Scale

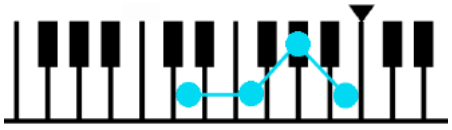
G7

G BLUES Scale

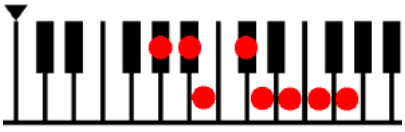


G7 Scale

G#dim



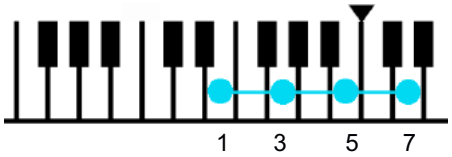
G# dim Scale



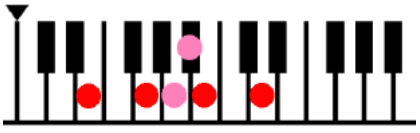
B7

B7 Scale

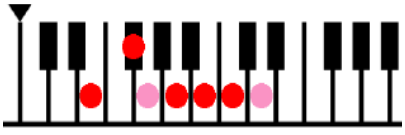
Em7



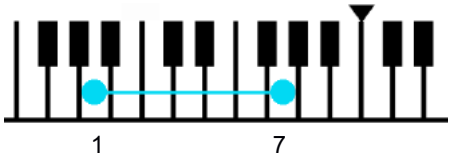
E BLUES Scale



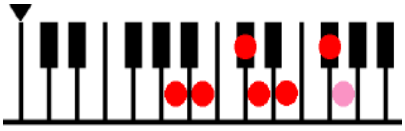
Em7 Scale



A7



A7 Scale



No. of times practiced

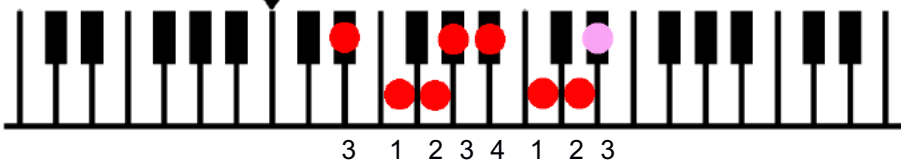
☐ ☐

THE KEY OF Eb MAJOR

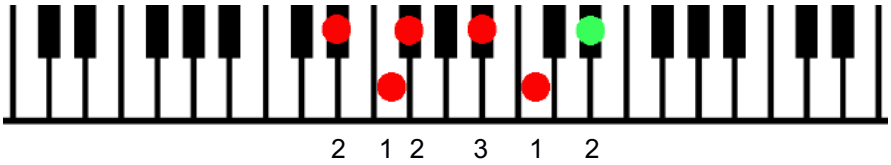
Eb1

SCALES

Eb major

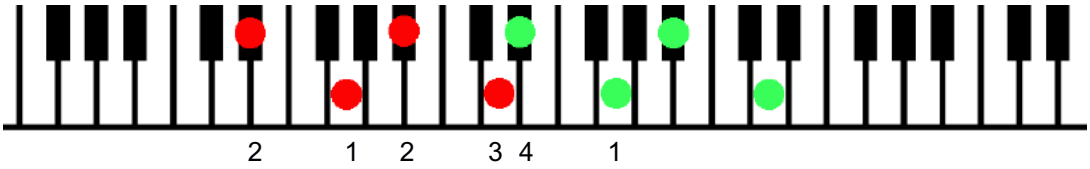


Eb Pentatonic

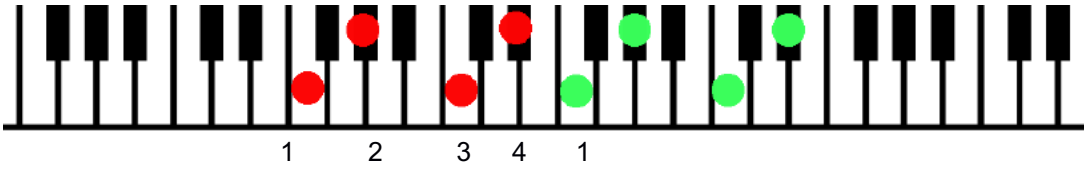


CHORD FAMILY FOR Eb MAJOR (Two Octaves)

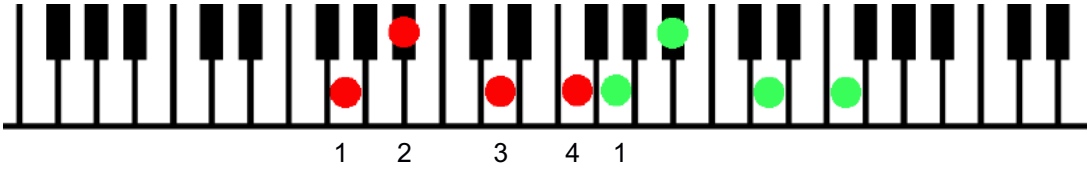
EbM7 I



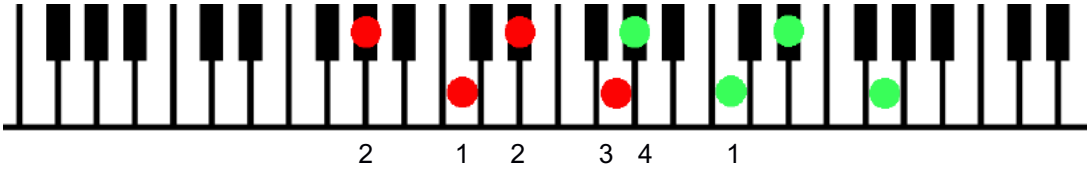
Fm7 II



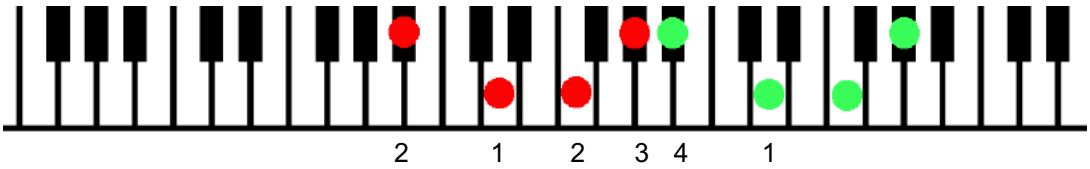
Gm7 III



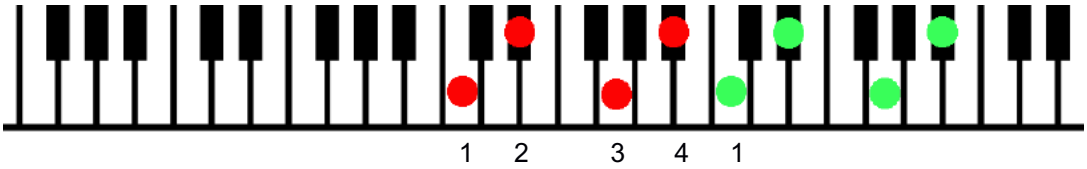
AbM7 IV



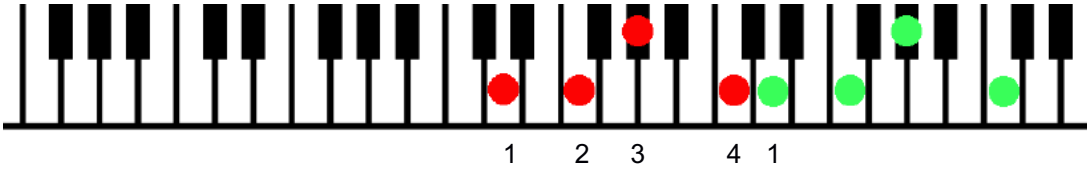
Bb7 V



Cm7 VI



$D^{o}7$ VII



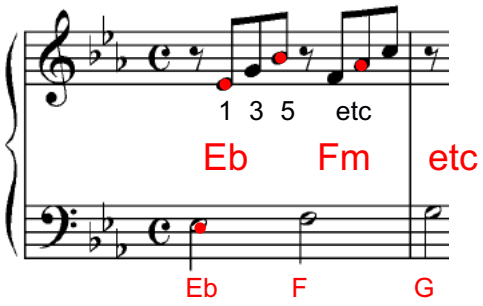
E FLAT MAJOR BASIC TRIAD WORKOUT

Eb2

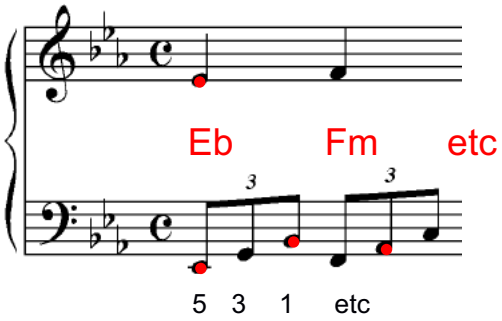
Eb FAMILY CHORDS

Eb Fm Gm Ab Bb Cm Ddim

RIGHT HAND workout

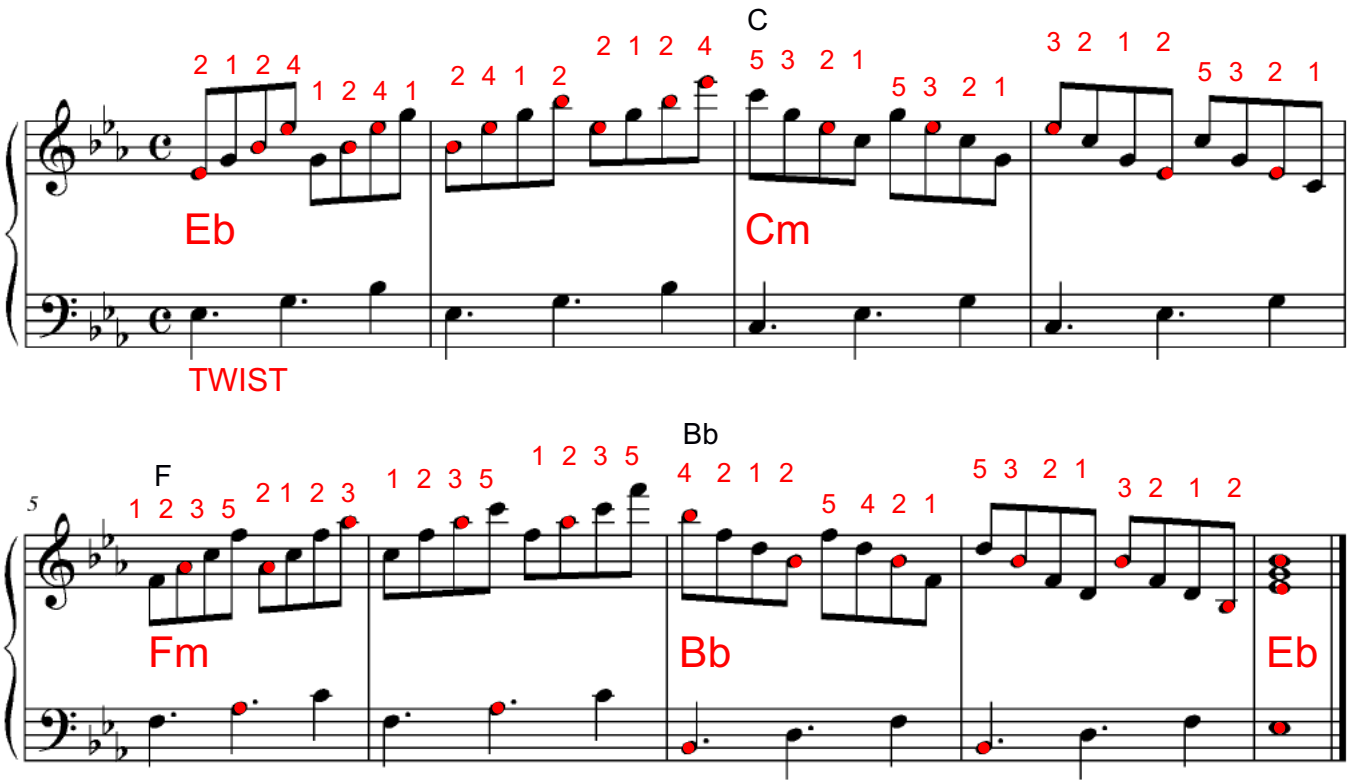


LEFT HAND workout



GO up and back down in both execises

BROKEN CHORD TWIST (Practice RIGHT HAND only to begin with)



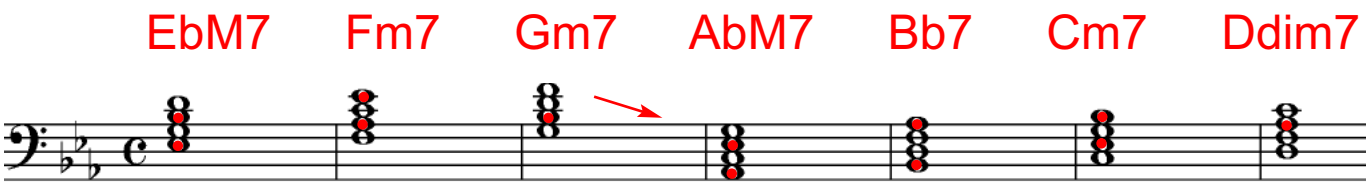
Play the above again but this time change the order of ascending and descending
ie Start on a high Eb and descend then go up a Cm and so on. See if you can work out the fingering. Try to keep your THUMB off the black keys IF POSSIBLE.

No. of times practiced

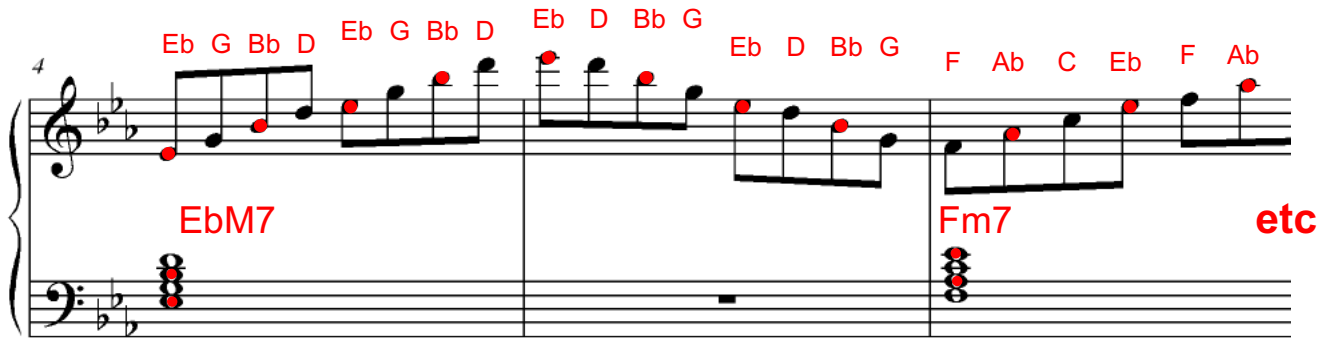
☐ ☐

7th CHORDS WORKOUT **Eb**$_3$

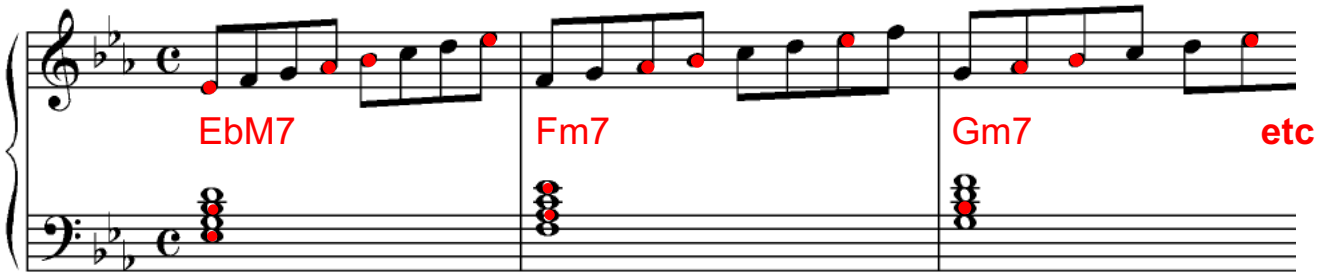
Eb FAMILY CHORDS - Left Hand



BROKEN 7th CHORDS WORKOUT 2 octaves / up and down (see page 46 for fingering)



Eb MAJOR SCALE WORKOUT Scale of Eb (starting on each chord note)



Eb Family 7 chords

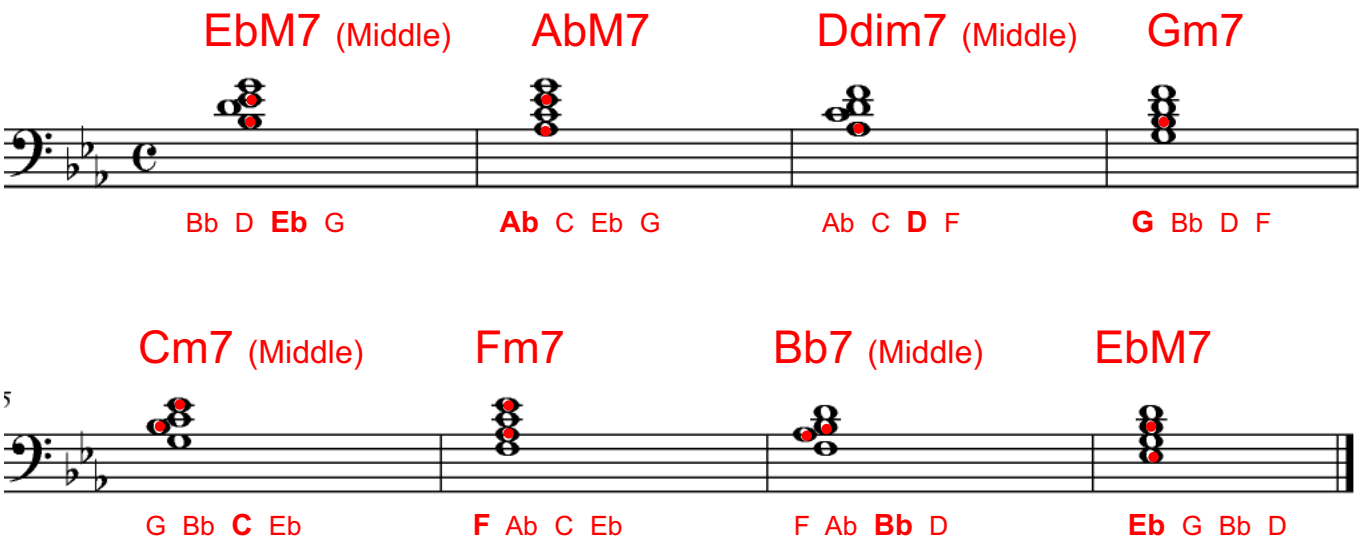
No. of times practiced

☐ ☐

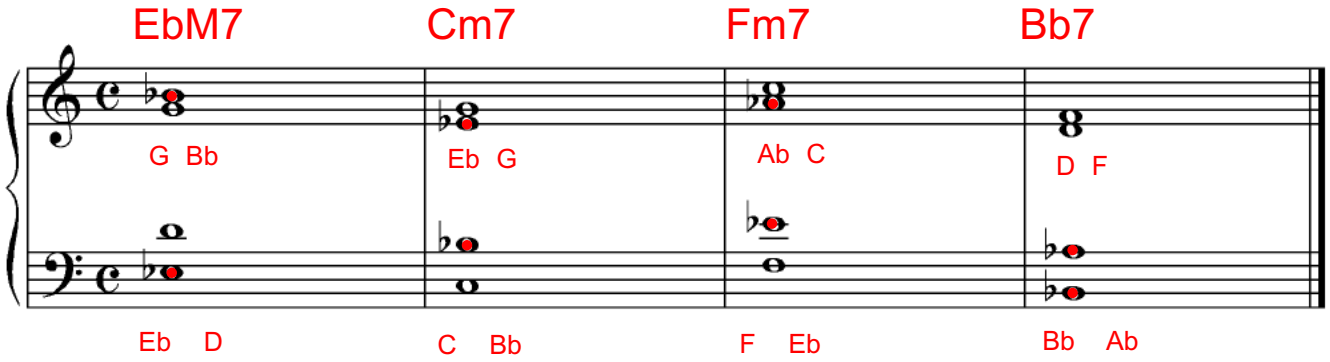
7th CHORDS WORKOUT

Eb4

Eb FAMILY CHORDS CYCLE OF FIFTHS PROGRESSION
(The CATERPILLAR)



I - VI - II - V VOICINGS (Right hand can IMPROVISE as well)



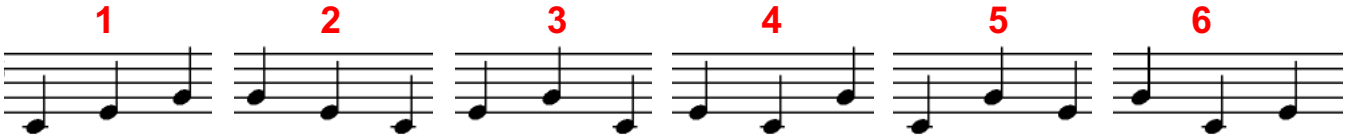
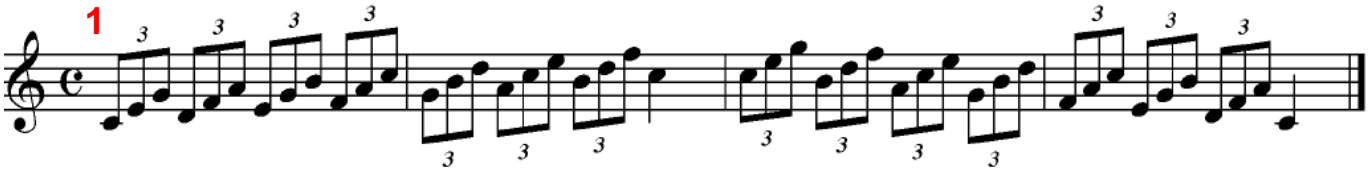
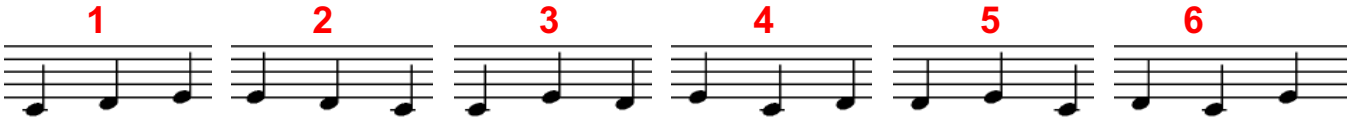
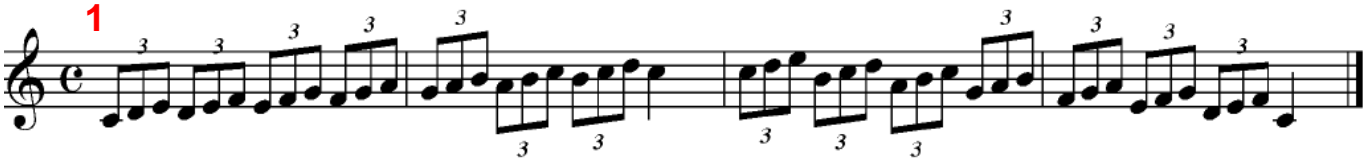
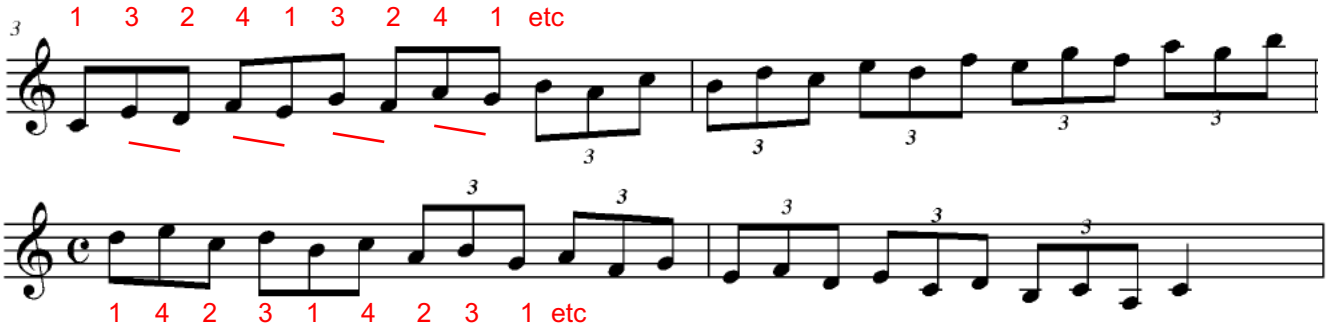
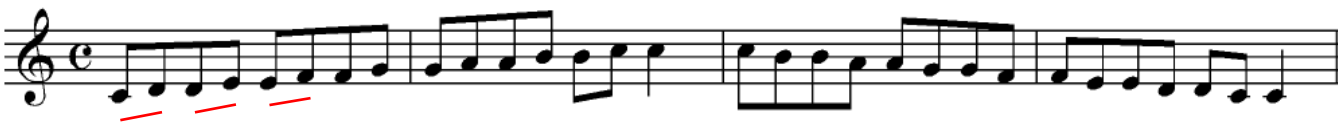
No. of times practiced

TWELVE THREE NOTE MELODIC PATTERNS

Eb$_5$

TRANSPOSE the following patterns to the key of Eb

For fingering see page 46

CHORDAL

Practice each pattern up one octave then down again as follows..

SCALE-WISE

Practice each pattern up one octave then down again as follows..

The following is a mixture of two of the above patterns. If you look closely it is like a two note pattern played in thirds. Try it - it's easier than it looks.

DIATONIC (TWO note pattern) Use the fingering you use for the major scale

No. of times practiced

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

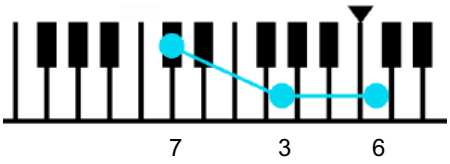
BLUES PRACTICE - 3

BASIC BLUES WORKOUT

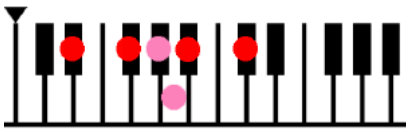
Eb6

Improvise over the left hand chords with CHORD TONES or these scales
The Eb BLUES Scale can be used throughout

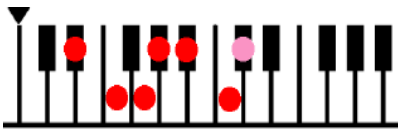
Eb7



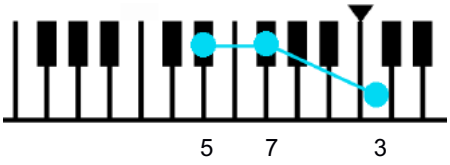
Eb BLUES Scale



Eb7 Scale

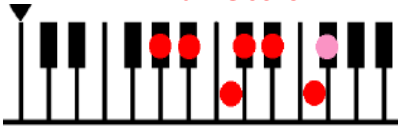


Ab7

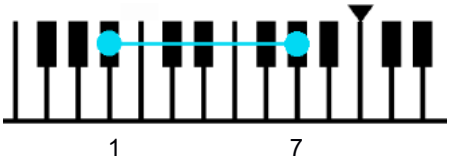


Ab BLUES Scale

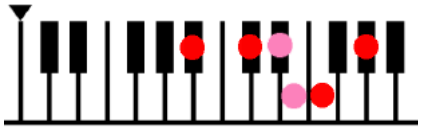
Ab7 Scale



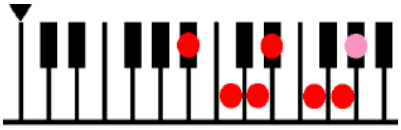
Bb7



Bb BLUES Scale



Bb7 Scale



Eb7	Eb7	Eb7	Eb7	Ab7	Ab7
Eb7	Eb7	Bb7	Ab7	Eb7	Eb7 or Bb7

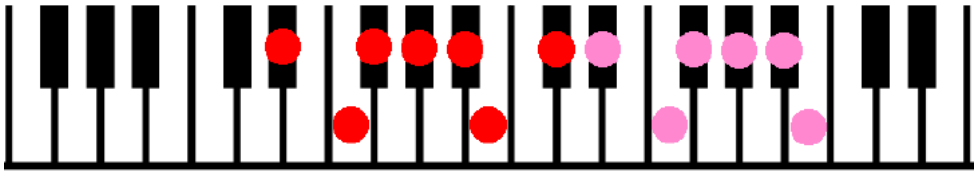
No. of times practiced

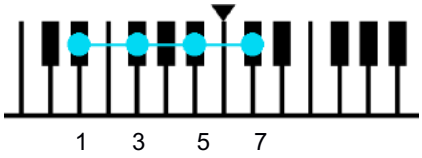
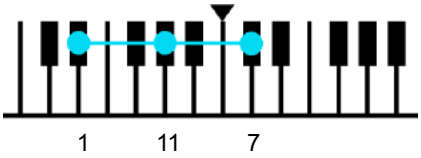
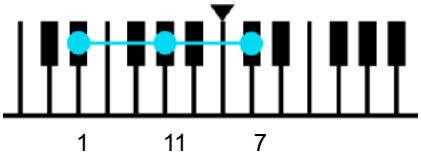
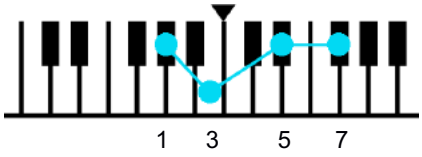
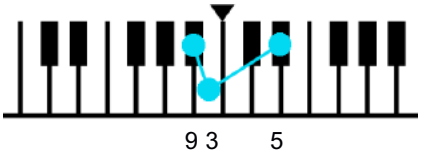
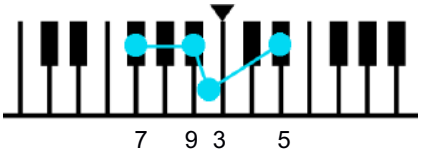
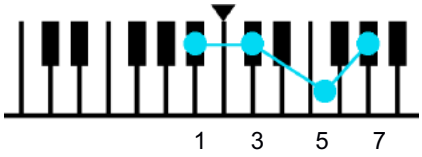
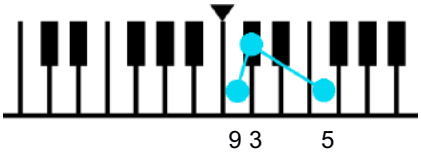
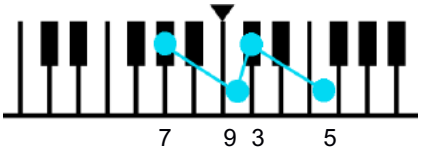
☐ ☐

MINOR BLUES WORKOUT

Eb7

Eb MINOR (Natural) SCALE / same notes as Gb major



1.	2.	3.
Ebm7	**Ebm7 alt**	**Ebm7 alt**
 1 3 5 7	 1 11 7	 1 11 7
Abm7	**Abm7 alt**	**Abm7 alt**
 1 3 5 7	 9 3 5	 7 9 3 5
Bbm7	**Bbm7 alt**	**Bbm7 alt**
 1 3 5 7	 9 3 5	 7 9 3 5

Don’t worry about following a chord progression - just change chords when you feel like it.

Improvise using chord tones and scale patterns - experiment - the altered chords are very dissonant so you will be able to make mistakes and still sound good.

No. of times practiced

☐ ☐

BLUES PRACTICE - 3

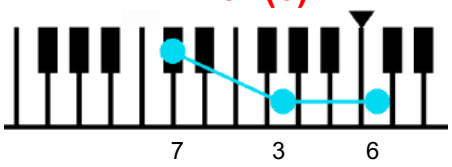
TRADITIONAL JAZZ / BLUES PROGRESSION

Eb$_8$

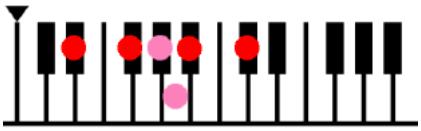
Eb7	Ab7	Eb7	Eb7	Ab7	Adim
Eb7	C7	Fm7	Bb7	Eb7 C7	Fm7 Bb7

Improvise with CHORD TONES or these scales
(Eb BLUES scale can be used throughout)

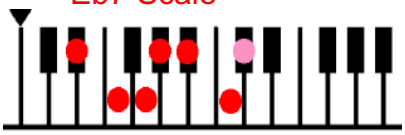
Eb7(6)



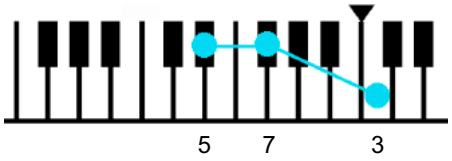
Eb BLUES Scale



Eb7 Scale

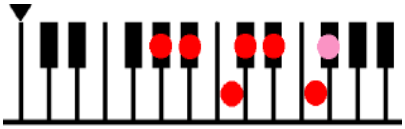


Ab7

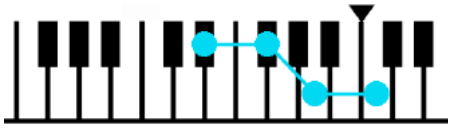


Ab BLUES Scale

Ab7 Scale

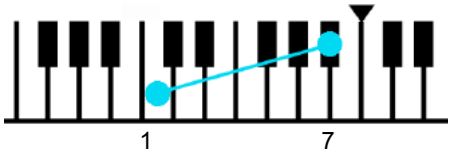


Adim

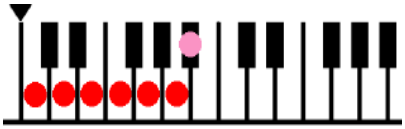


A dim Scale

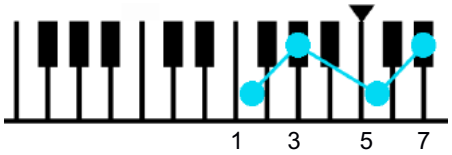
C7



C7 Scale

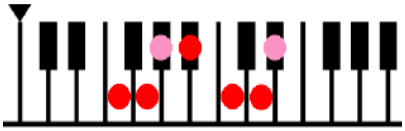


Fm7

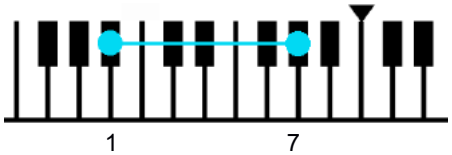


F BLUES Scale

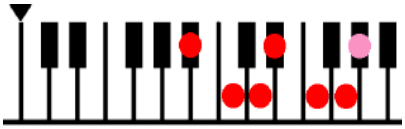
Fm7 Scale



Bb7



Bb7 Scale



No. of times practiced

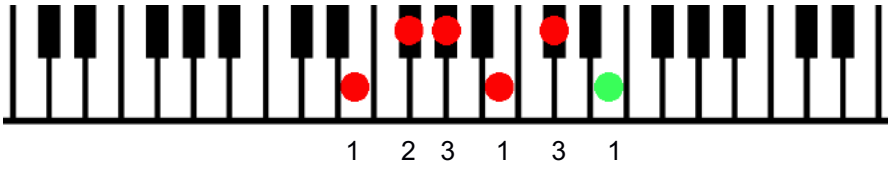
THE KEY OF E MAJOR

E1

SCALES

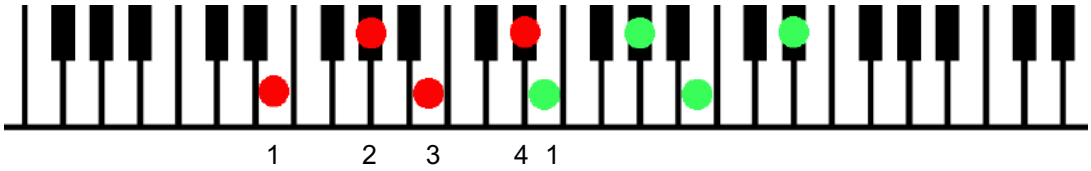
E major

E Pentatonic

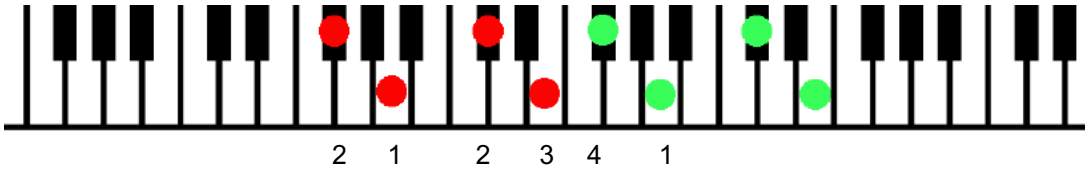


CHORD FAMILY FOR E MAJOR (Two Octaves)

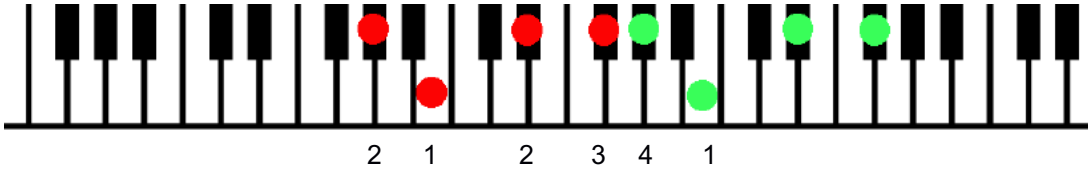
EM7 I



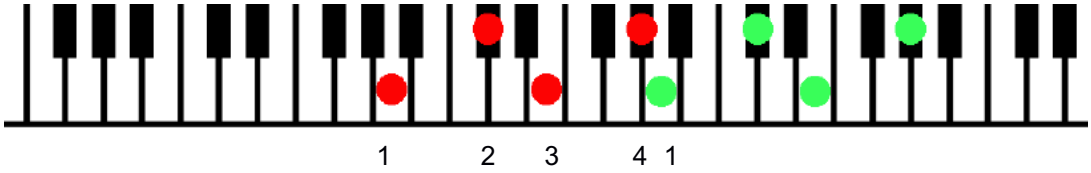
F#m7 II



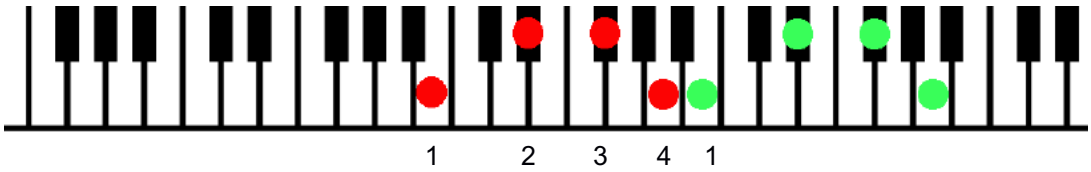
G#m7 III



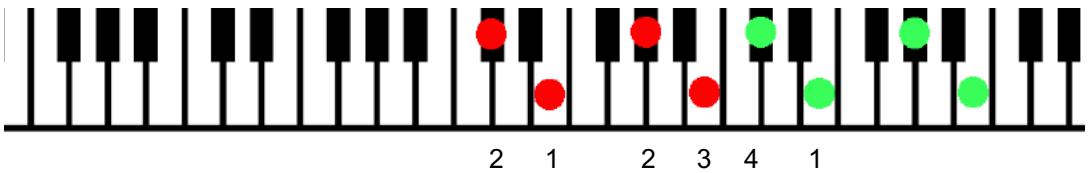
AM7 IV



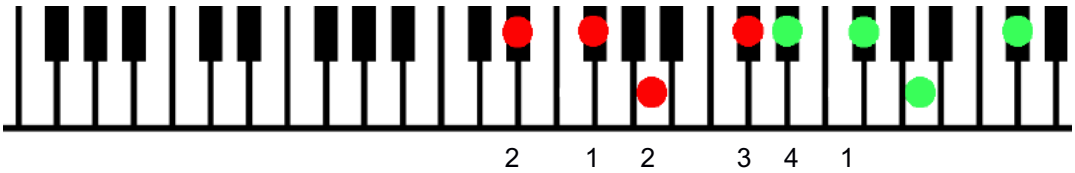
B7 V



C#m7 VI



D#°7 VII



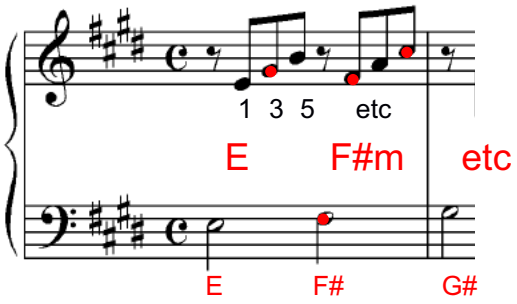
E MAJOR BASIC TRIAD WORKOUT

E2

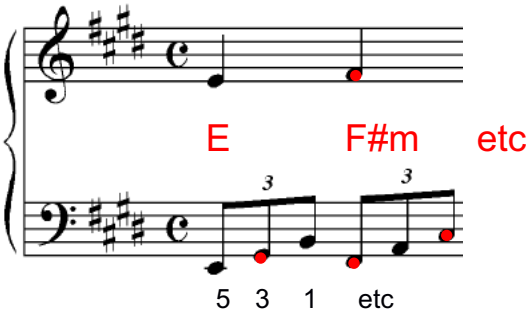
E FAMILY CHORDS

E F#m G#m A B C#m D#dim

RIGHT HAND workout

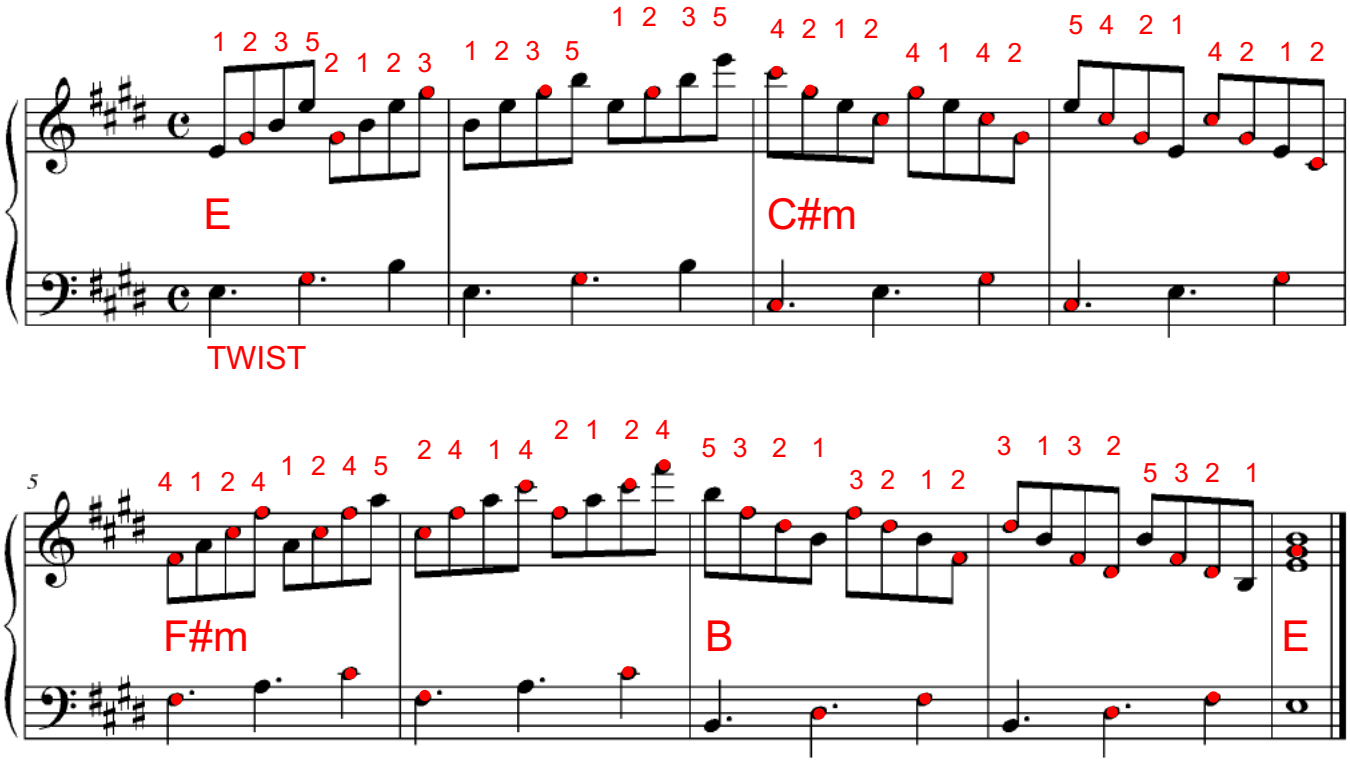


LEFT HAND workout



GO up and back down in both execises

BROKEN CHORD TWIST (Practice RIGHT HAND only to begin with)



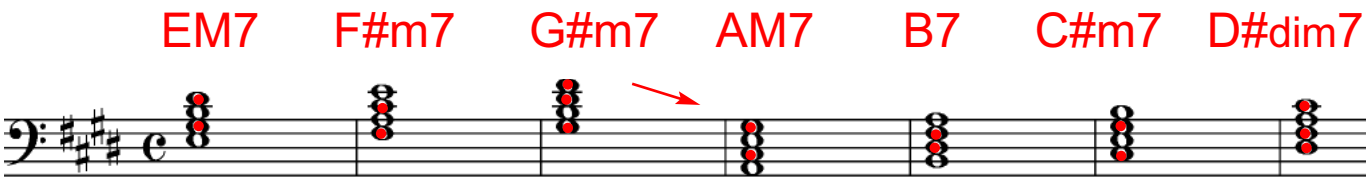
Play the above again but this time change the order of ascending and descending
ie Start on a high D and descend then go up an Bm and so on. See if you can work out the fingering. Try to keep your THUMB off the black keys IF POSSIBLE.

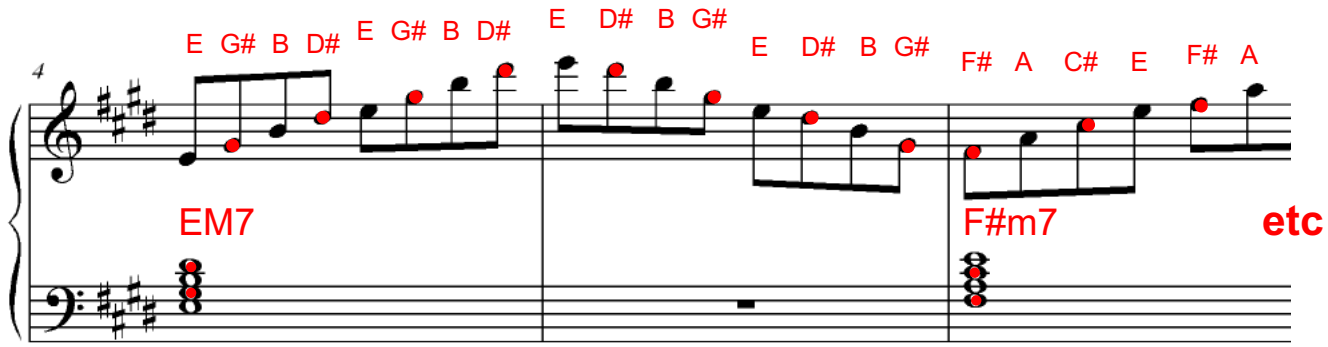
No. of times practiced

☐ ☐

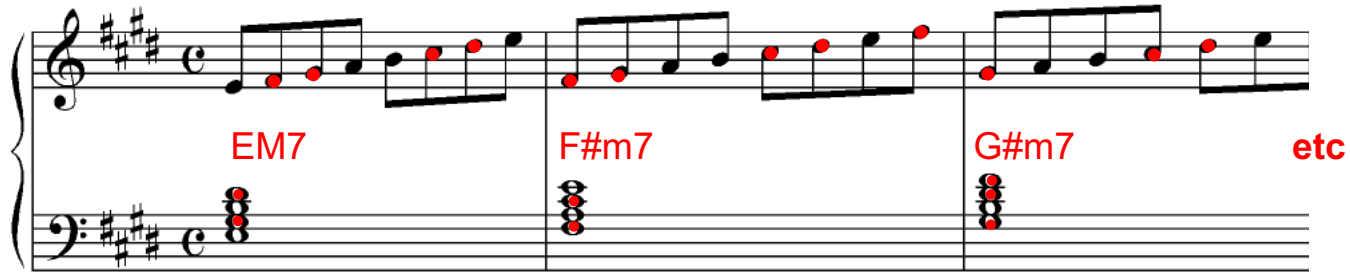
7th CHORDS WORKOUT

E$_3$

E FAMILY CHORDS - Left Hand

BROKEN 7th CHORDS WORKOUT 2 octaves / up and down (see page 54 for fingering)



E MAJOR SCALE WORKOUT Scale of E (starting on each chord note)

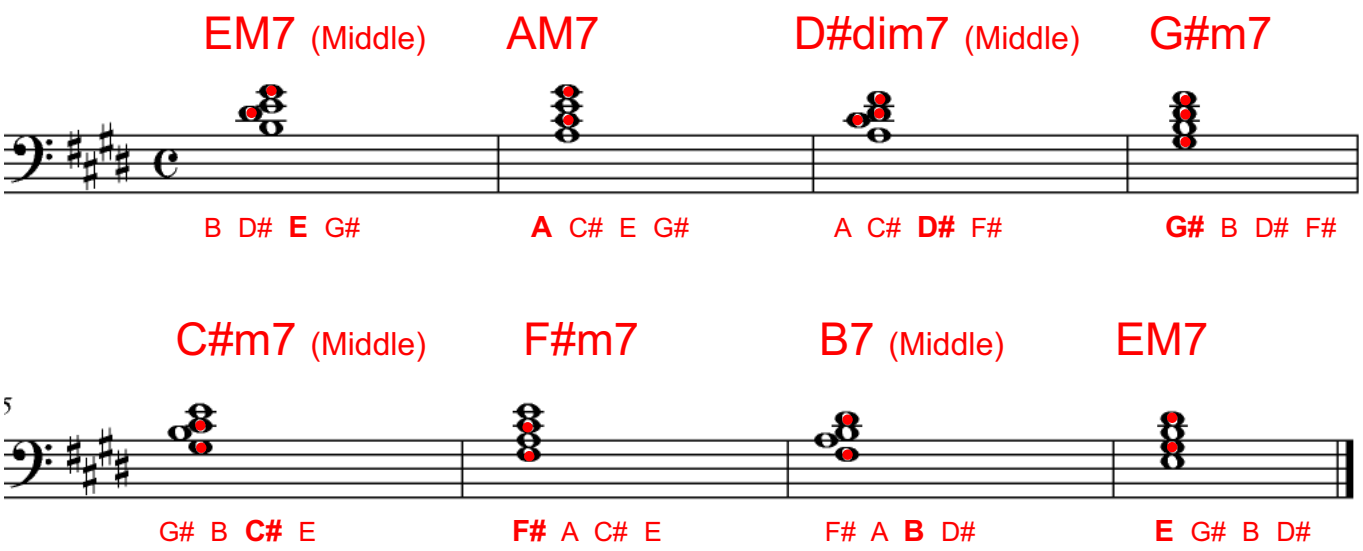


E Family 7 chords

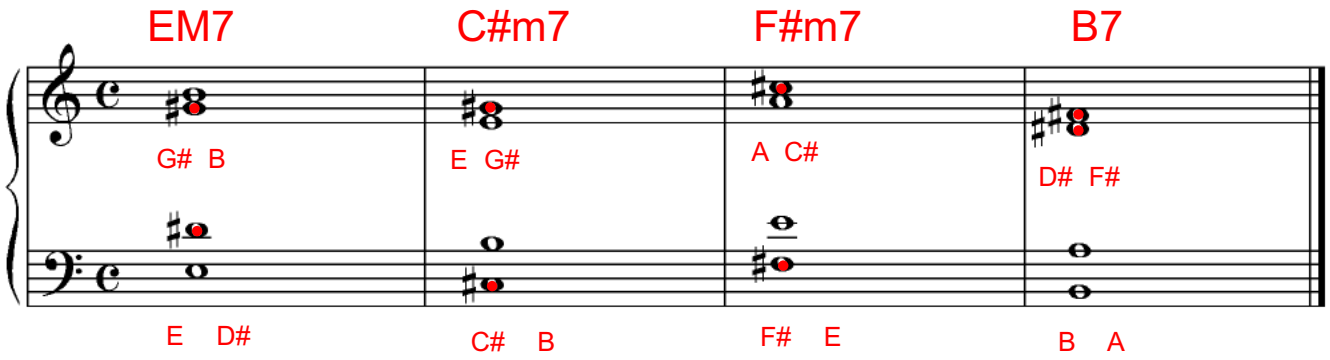
No. of times practiced

☐ ☐

E FAMILY CHORDS CYCLE OF FIFTHS PROGRESSION
(The CATERPILLAR)



I - VI - II - V VOICINGS (Right hand can IMPROVISE as well)



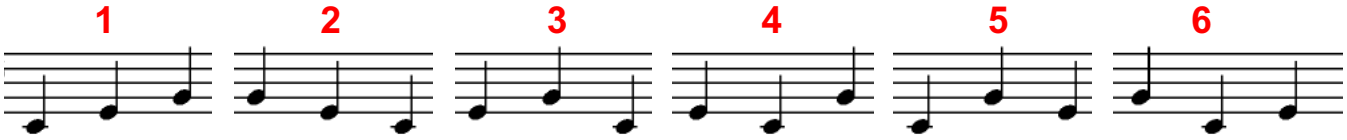
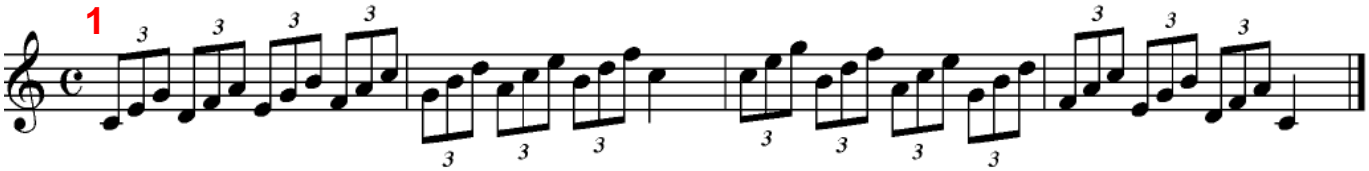
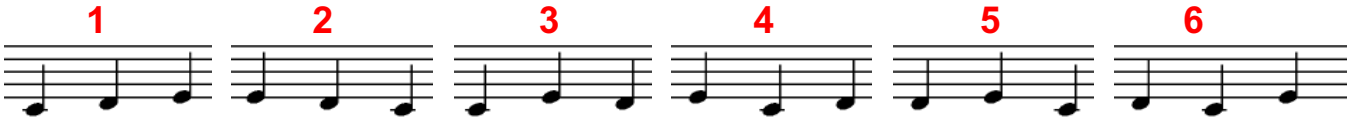
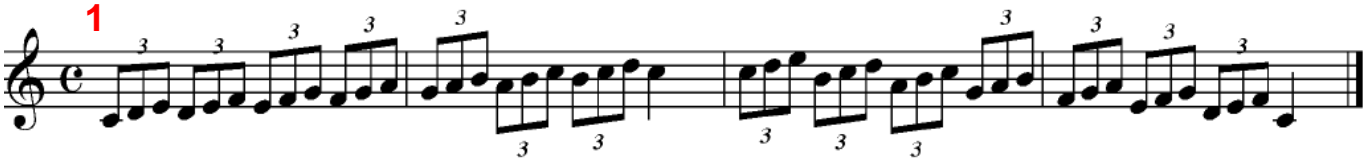
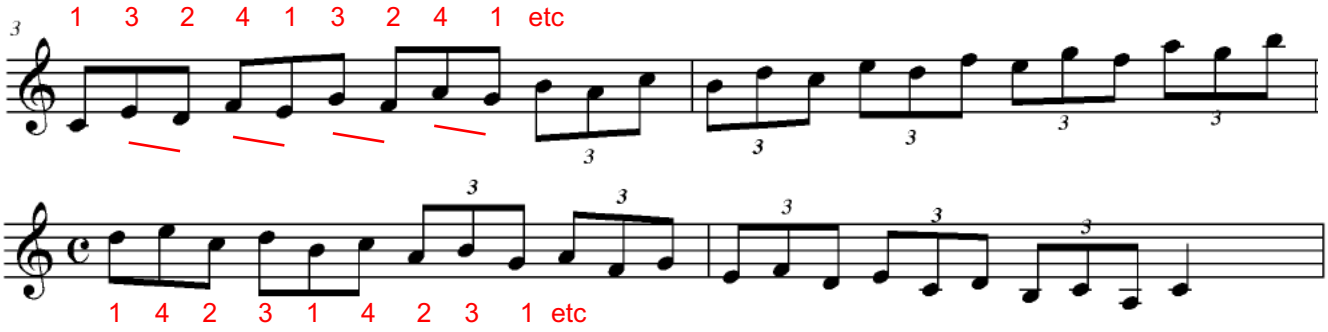
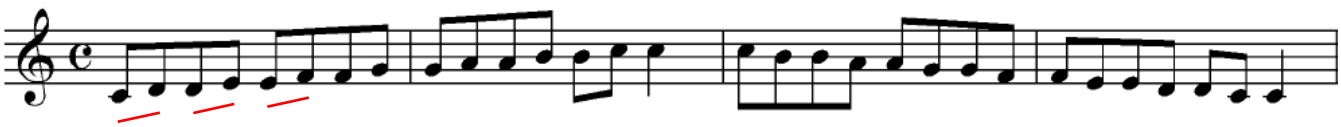
No. of times practiced

TWELVE THREE NOTE MELODIC PATTERNS

E5

TRANSPOSE the following patterns to the key of E

For fingering see page 54

CHORDAL

Practice each pattern up one octave then down again as follows..

SCALE-WISE

Practice each pattern up one octave then down again as follows..

The following is a mixture of two of the above patterns. If you look closely it is like a two note pattern played in thirds. Try it - it's easier than it looks.

DIATONIC (TWO note pattern) Use the fingering you use for the major scale

No. of times practiced

☐ ☐

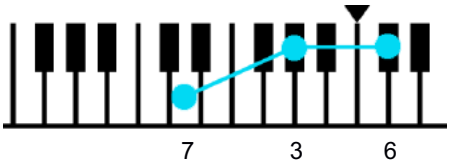
BLUES PRACTICE - 3

BASIC BLUES WORKOUT

E6

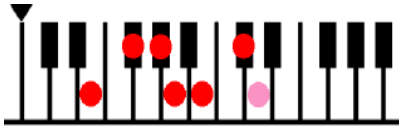
Improvise over the left hand chords with CHORD TONES or these scales
The E BLUES Scale can be used throughout

E7

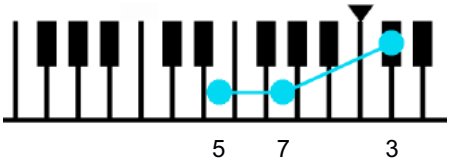


E BLUES Scale

E7 Scale



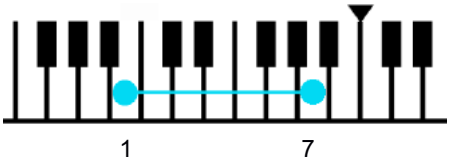
A7



A BLUES Scale

A7 Scale

B7



B BLUES Scale

B7 Scale

E7	E7	E7	E7	A7	A7
E7	E7	B7	A7	E7	E7 or B7

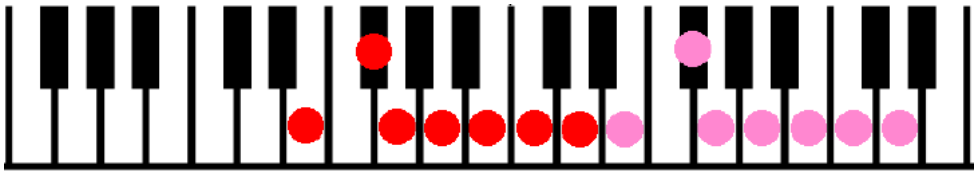
No. of times practiced

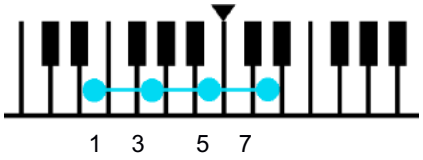
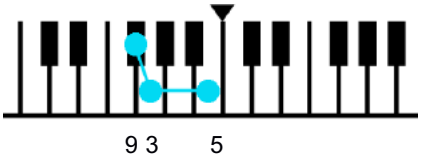
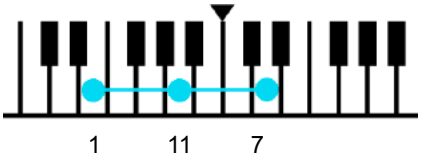
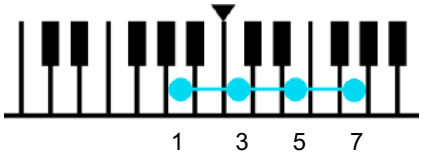
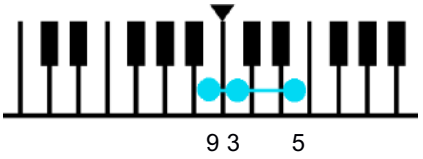
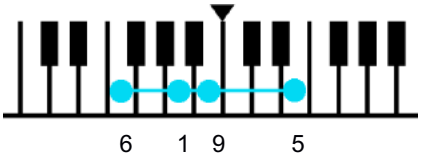
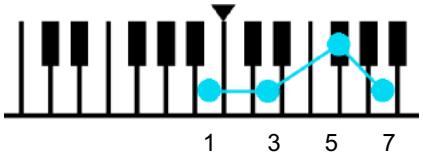
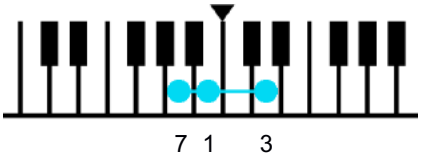
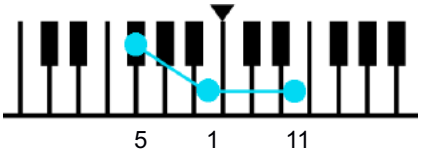
☐ ☐

MINOR BLUES WORKOUT

E_7

E MINOR (Natural) SCALE / same notes as G major



1.	2.	3.
Em7  1 3 5 7	**Em7 alt**  9 3 5	**Em7 alt**  1 11 7
Am7  1 3 5 7	**Am7 alt**  9 3 5	**Am7 alt**  6 1 9 5
Bm7  1 3 5 7	**Bm7**  7 1 3	**Bm7 alt**  5 1 11

Don’t worry about following a chord progression - just change chords when you feel like it.

Improvise using chord tones and scale patterns - experiment - the altered chords are very dissonant so you will be able to make mistakes and still sound good.

No. of times practiced

☐ ☐

BLUES PRACTICE - 3

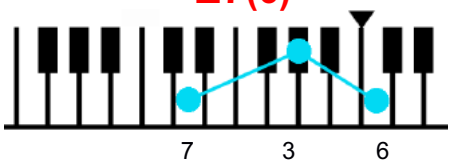
TRADITIONAL JAZZ / BLUES PROGRESSION

E8

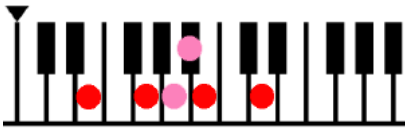
E7	A7	E7	E7	A7	Bbdim
E7	Db7	F#m7	B7	E7 Db7	F#m7 B7

Improvise with CHORD TONES or these scales
(E BLUES scale can be used throughout)

E7(6)



E BLUES Scale

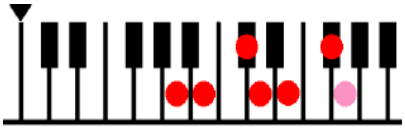


E7 Scale

A7

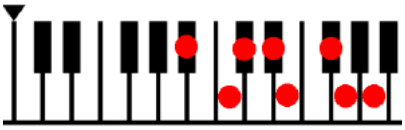
A BLUES Scale

A7 Scale

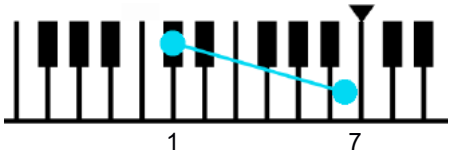


Bbdim

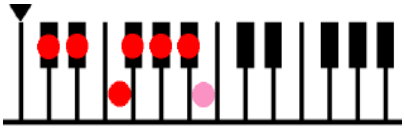
Bb dim Scale



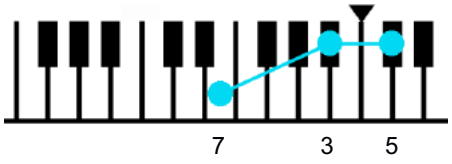
Db7



Db7 Scale

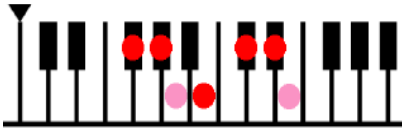


F#m7

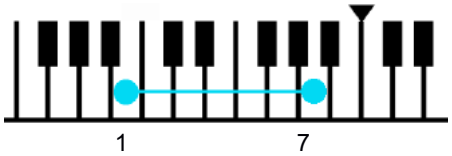


F# BLUES Scale

F#m7 Scale



B7



B7 Scale

No. of times practiced

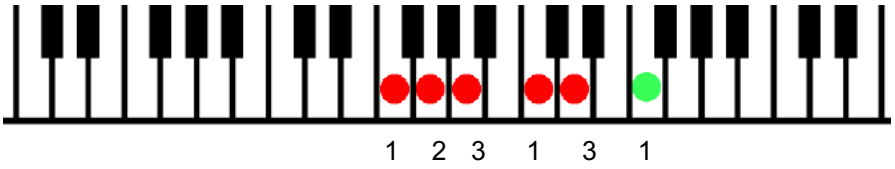
THE KEY OF F MAJOR

F1

SCALES

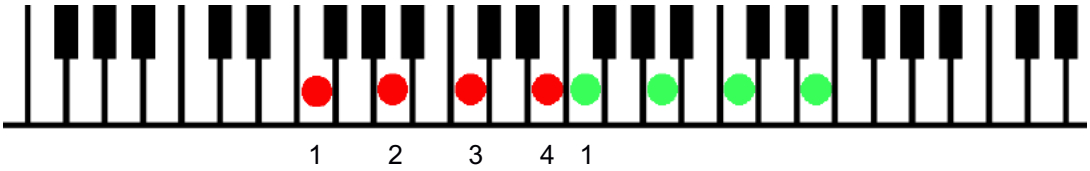
F major

F Pentatonic

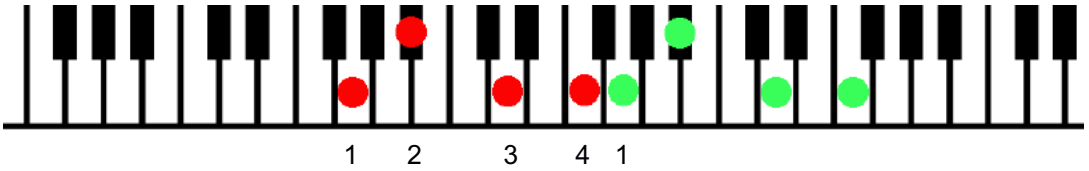


CHORD FAMILY FOR F MAJOR (Two Octaves)

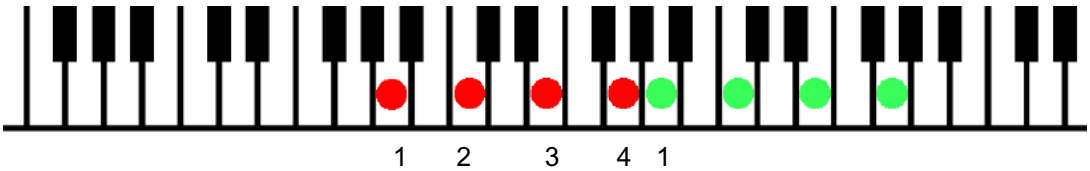
FM7 I



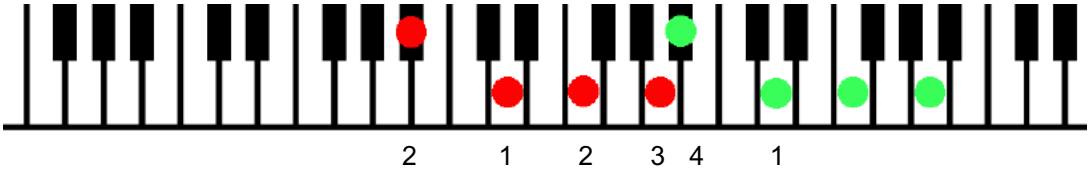
Gm7 II



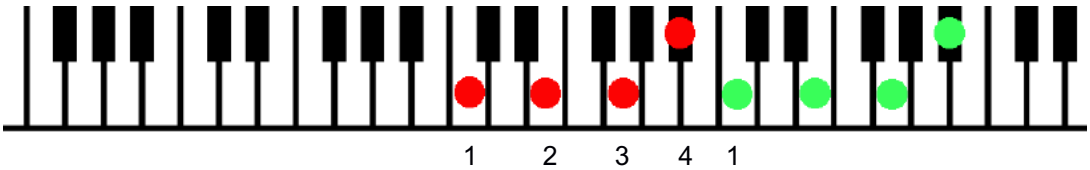
Am7 III



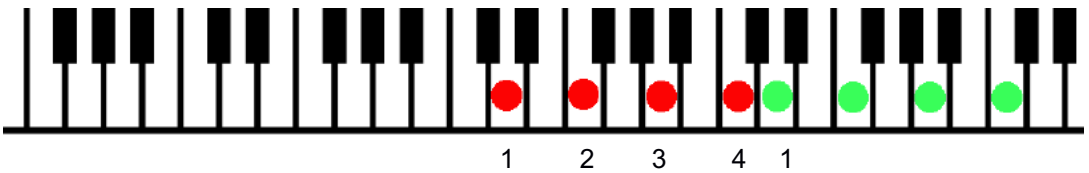
BbM7 IV



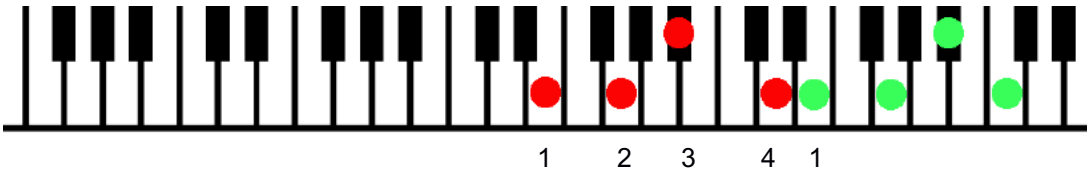
C7 V



Dm7 VI



$E^{o}7$ VII



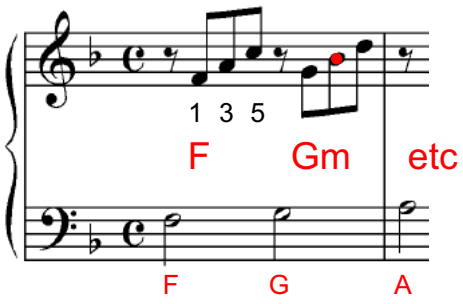
F MAJOR BASIC TRIAD WORKOUT

F2

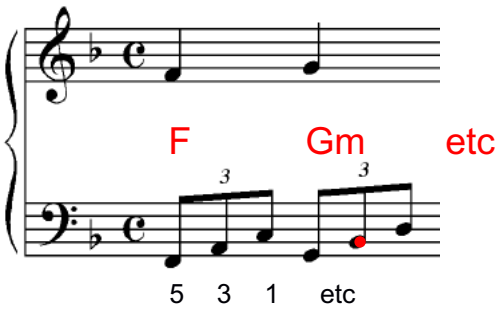
F FAMILY CHORDS

F Gm Am Bb C Dm Edim

RIGHT HAND workout

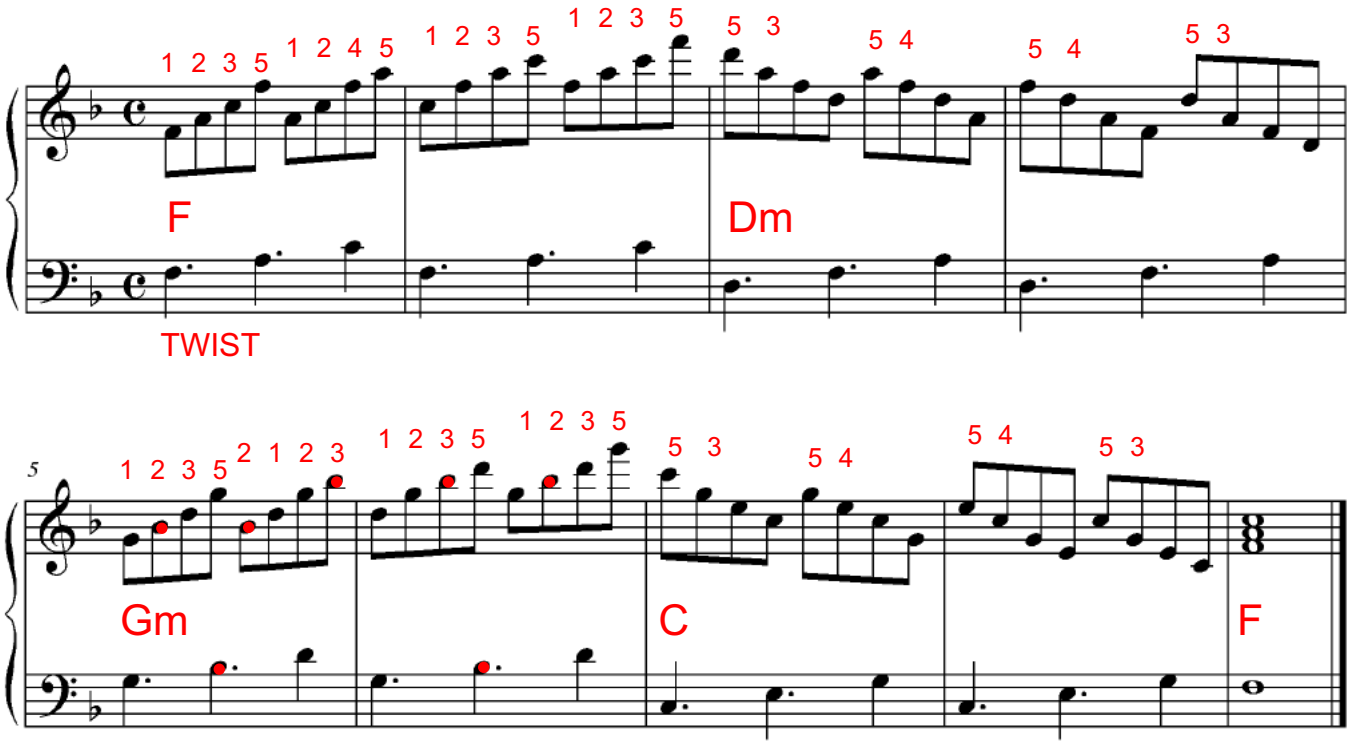


LEFT HAND workout



GO up and back down in both execises

BROKEN CHORD TWIST (Practice RIGHT HAND only to begin with)



Play the above again but this time change the order of ascending and descending
ie Start on a high D and descend then go up an Bm and so on. See if you can work out the fingering. Try to keep your THUMB off the black keys IF POSSIBLE.

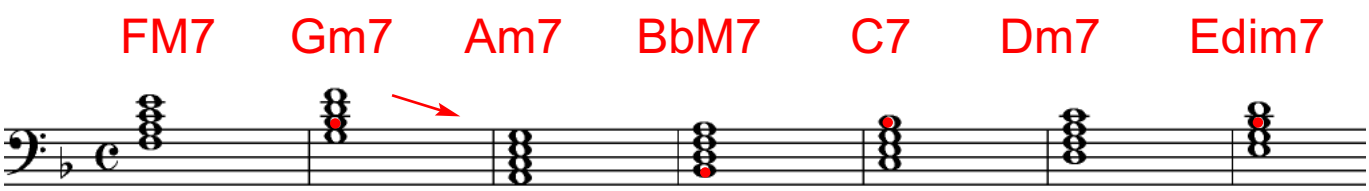
No. of times practiced

☐ ☐

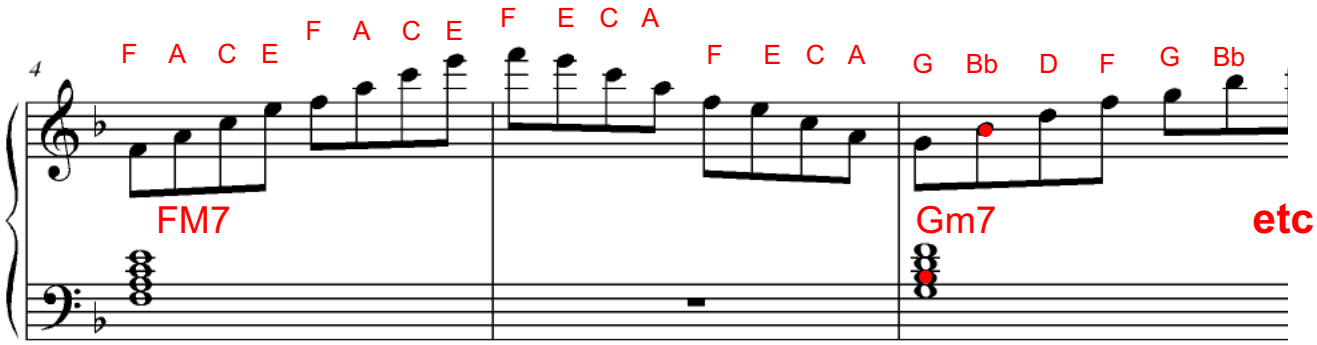
7th CHORDS WORKOUT

F$_3$

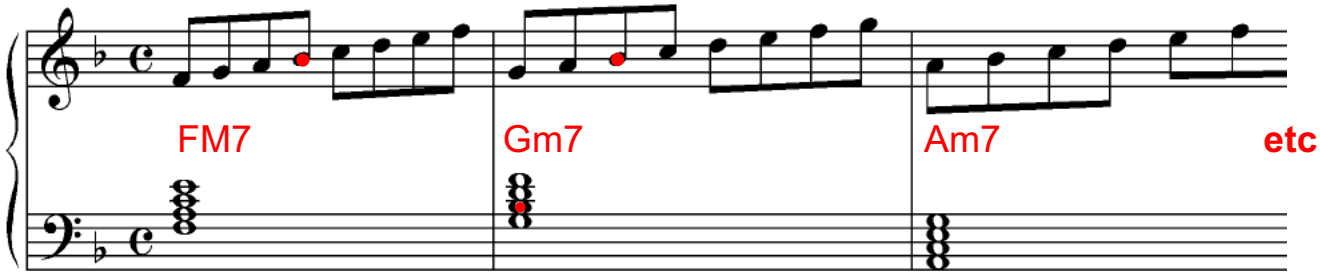
F FAMILY CHORDS - Left Hand



BROKEN 7th CHORDS WORKOUT 2 octaves / up and down (see page 62 for fingering)



F MAJOR SCALE WORKOUT Scale of F (starting on each chord note)

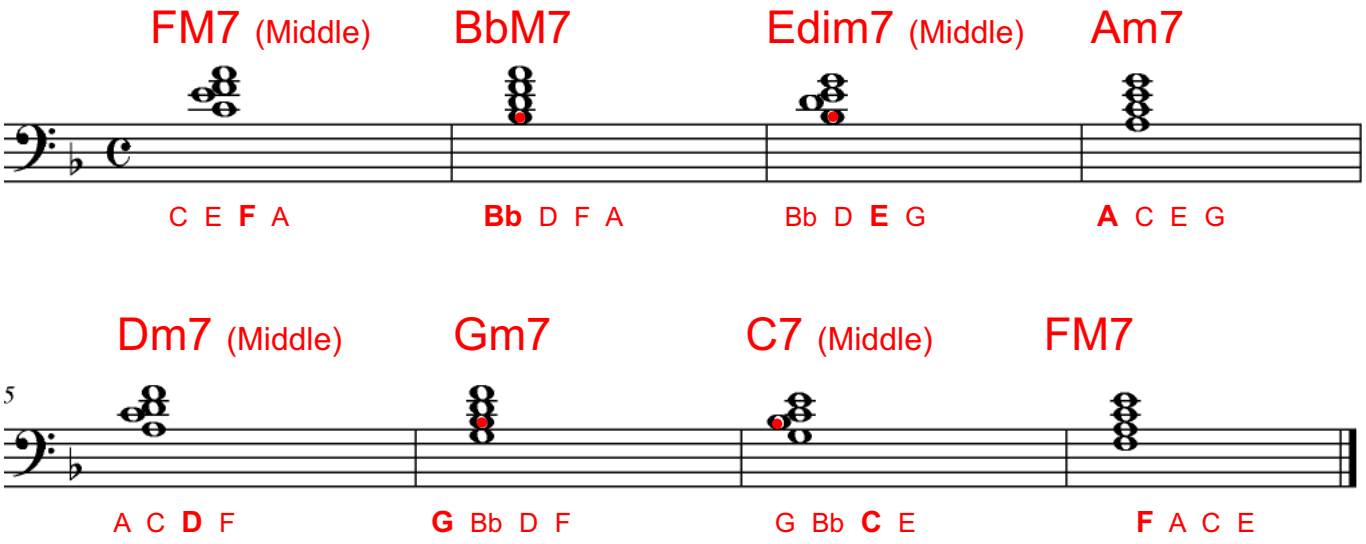


F Family 7 chords

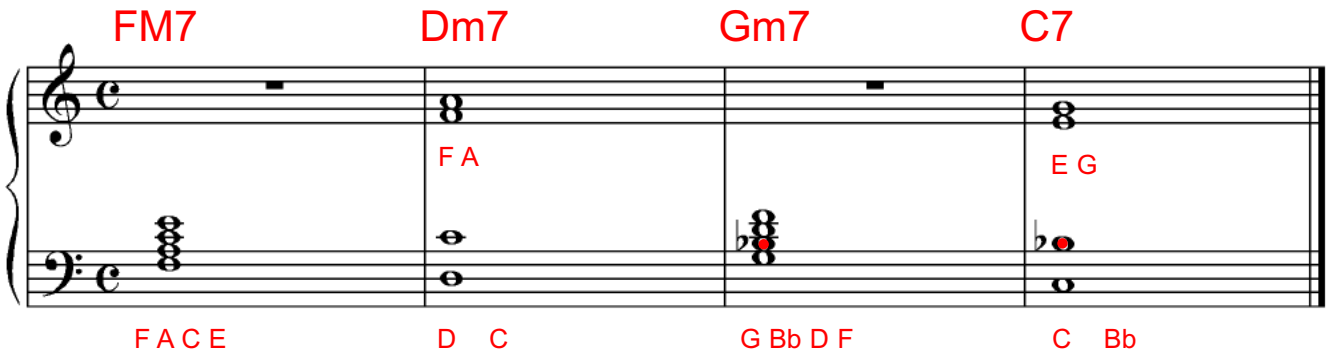
No. of times practiced

☐ ☐

F FAMILY CHORDS CYCLE OF FIFTHS PROGRESSION
(The CATERPILLAR)



I - VI - II - V VOICINGS (Right hand can IMPROVISE as well)



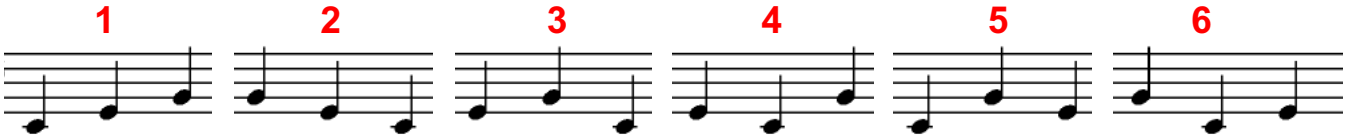
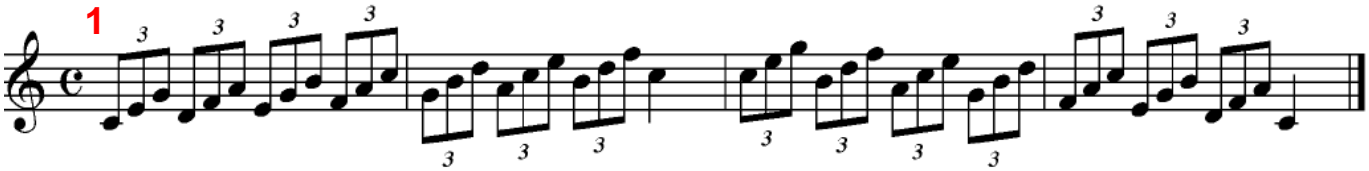
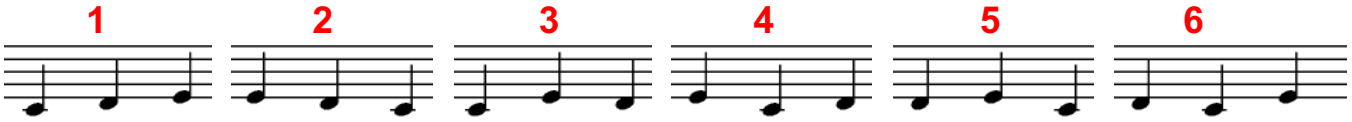
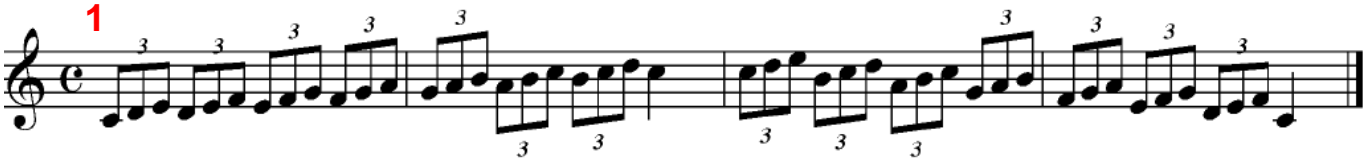
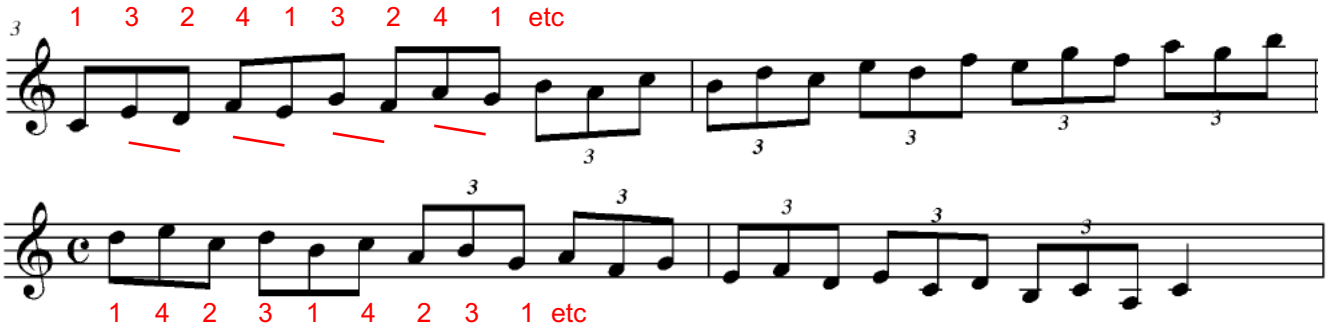
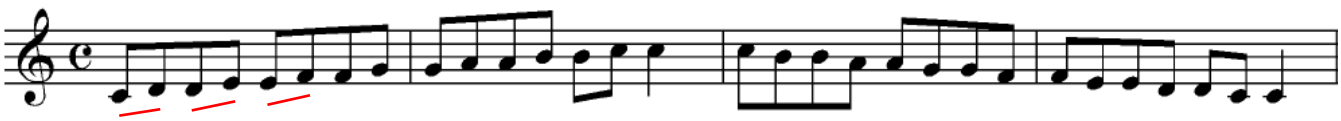
No. of times practiced

TWELVE THREE NOTE MELODIC PATTERNS

F5

TRANSPOSE the following patterns to the key of F

For fingering see page 62

CHORDAL

Practice each pattern up one octave then down again as follows..

SCALE-WISE

Practice each pattern up one octave then down again as follows..

The following is a mixture of two of the above patterns. If you look closely it is like a two note pattern played in thirds. Try it - it's easier than it looks.

DIATONIC (TWO note pattern) Use the fingering you use for the major scale

No. of times practiced

☐ ☐

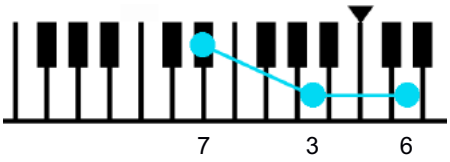
BLUES PRACTICE - 3

BASIC BLUES WORKOUT

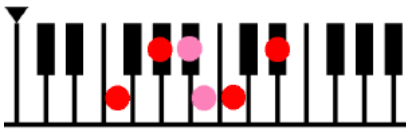
F6

Improvise over the left hand chords with CHORD TONES or these scales
The F BLUES Scale can be used throughout

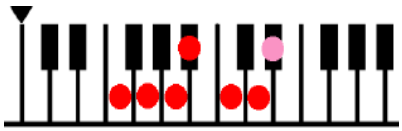
F7



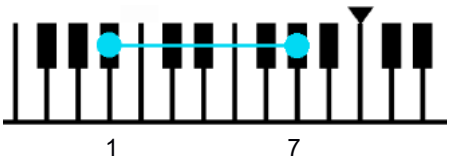
F BLUES Scale



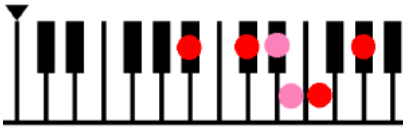
F7 Scale



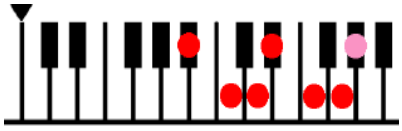
Bb7



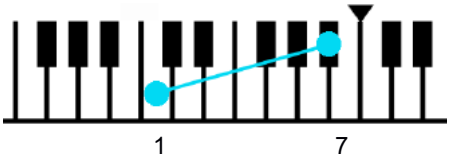
Bb BLUES Scale



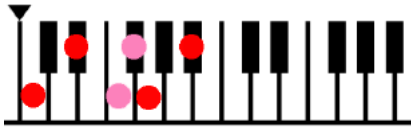
Bb7 Scale



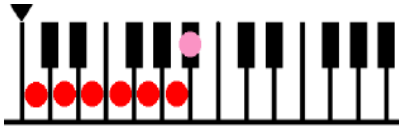
C7



C BLUES Scale



C7 Scale



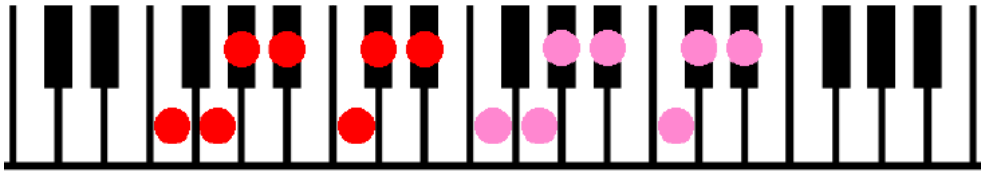
F7	F7	F7	F7	Bb7	Bb7
F7	F7	C7	Bb7	F7	F7 or C7

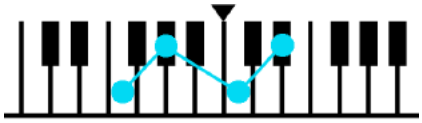
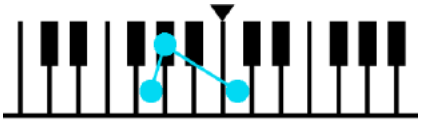
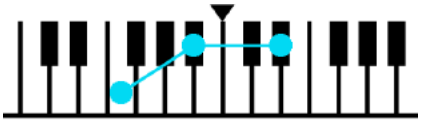
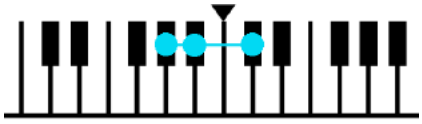
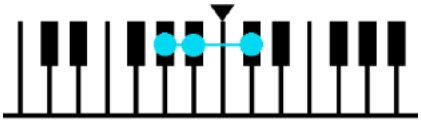
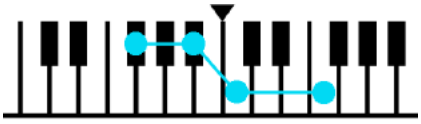
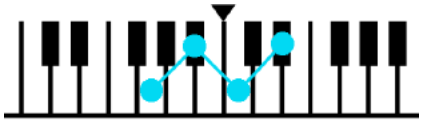
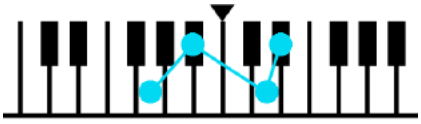
No. of times practiced

MINOR BLUES WORKOUT

F_7

F MINOR (Natural) SCALE / same notes as Ab major



1.	2.	3.
Fm7	**Fm7 alt**	**Fm7 alt**
 1 3 5 7	 9 3 5	 1 11 7
Bbm7	**Bbm7**	**Bbm7 alt**
 7 1 3	 7 1 3	 6 1 9 5
Cm7	**Cm7**	**Cm7 alt**
 5 7 1 3	7 1 3	 5 7 9 3

Don’t worry about following a chord progression - just change chords when you feel like it.

Improvise using chord tones and scale patterns - experiment - the altered chords are very dissonant so you will be able to make mistakes and still sound good.

No. of times practiced

☐ ☐

BLUES PRACTICE - 3

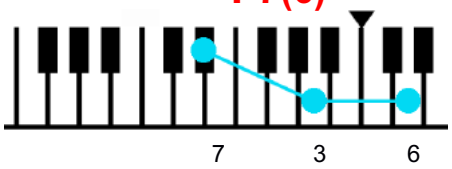
TRADITIONAL JAZZ / BLUES PROGRESSION

F8

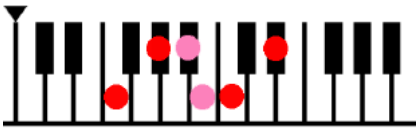
F7	Bb7	F7	F7	Bb7	Bdim
F7	D7	Gm7	C7	F7 D7	Gm7 C7

Improvise with CHORD TONES or these scales
(F BLUES scale can be used throughout)

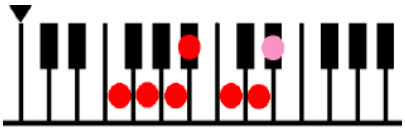
F7(6)



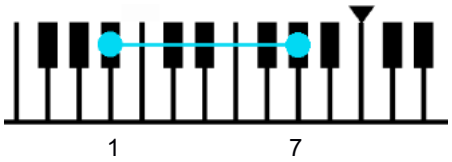
F BLUES Scale



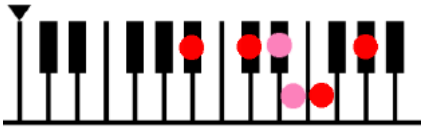
F7 Scale



Bb7

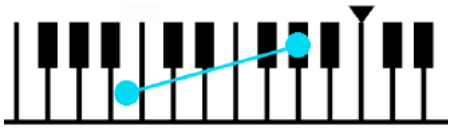


Bb BLUES Scale



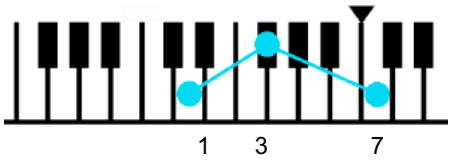
Bb7 Scale

Bdim



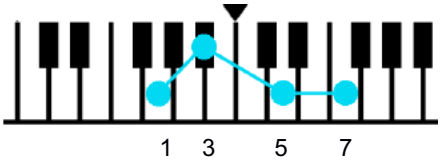
B dim Scale

D7

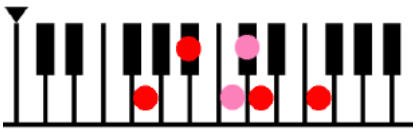


D7 Scale

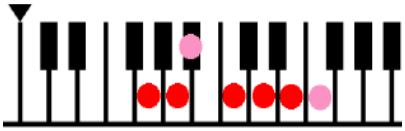
Gm7



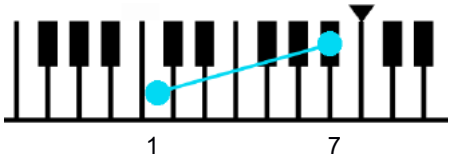
G BLUES Scale



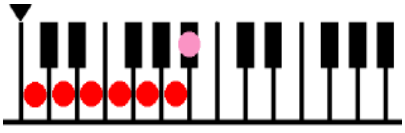
Gm7 Scale



C7



C7 Scale



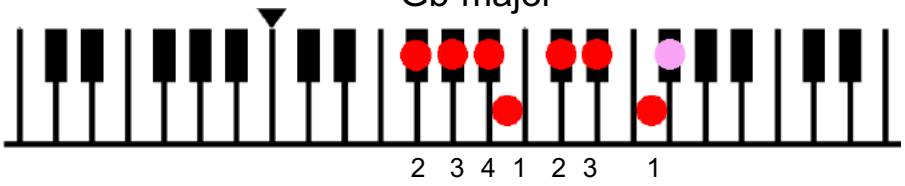
No. of times practiced

THE KEY OF Gb MAJOR

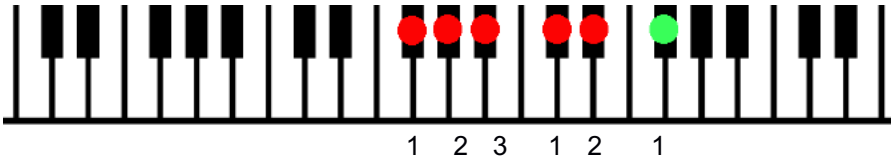
Gb1

SCALES

Gb major

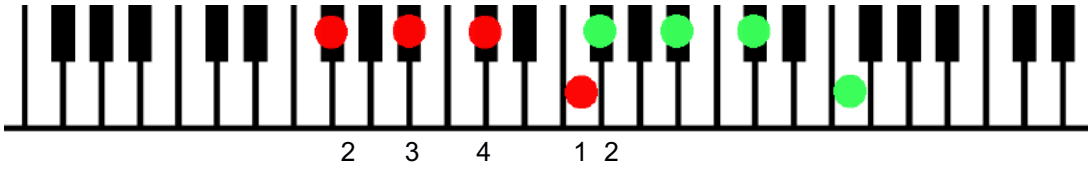


Gb Pentatonic

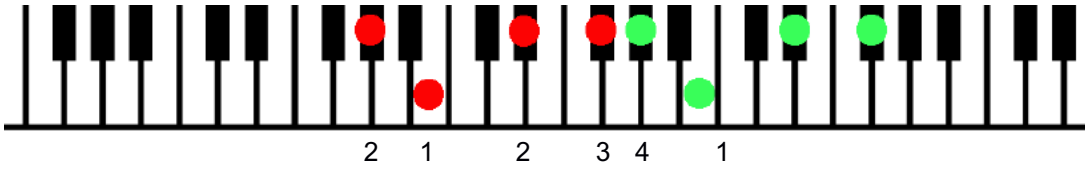


CHORD FAMILY FOR Gb MAJOR (Two Octaves)

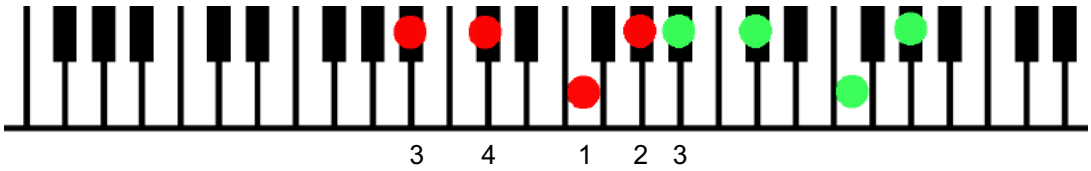
GbM7 — I



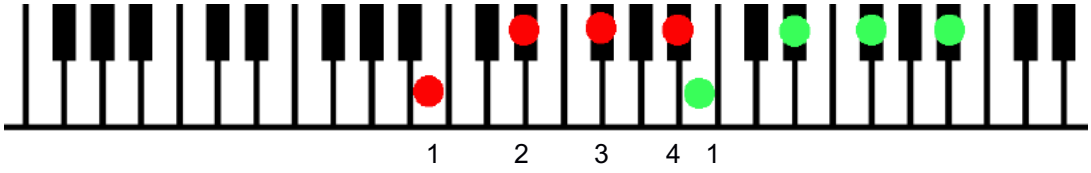
Abm7 — II



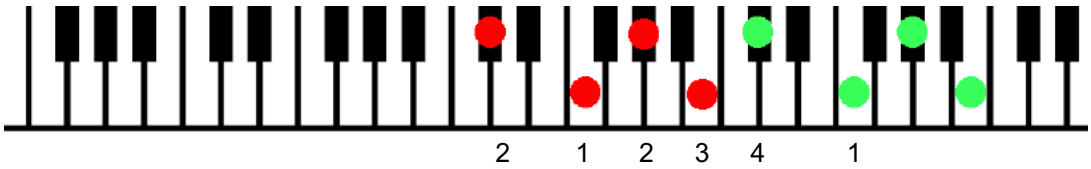
Bbm7 — III



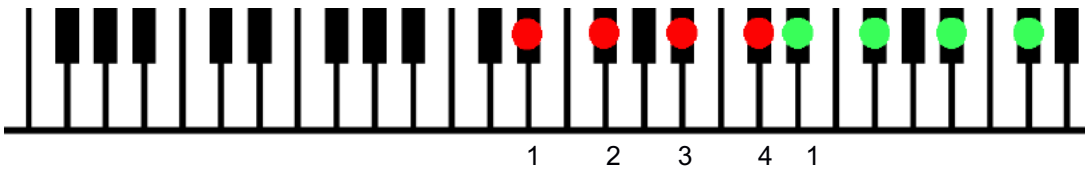
CbM7 — IV



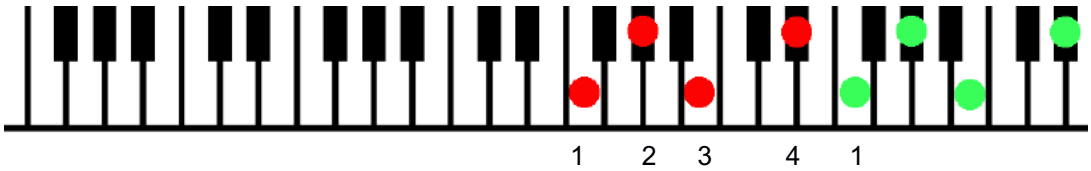
Db7 — V



Ebm7 — VI



F°7 — VII



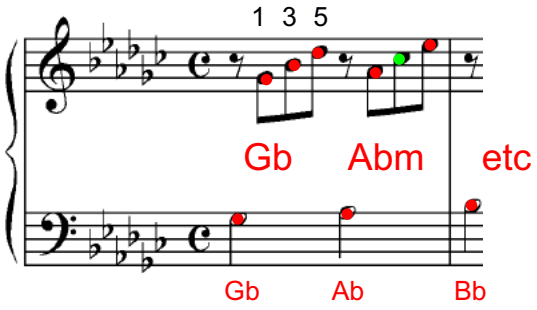
G FLAT MAJOR BASIC TRIAD WORKOUT **Gb2**

Gb FAMILY CHORDS

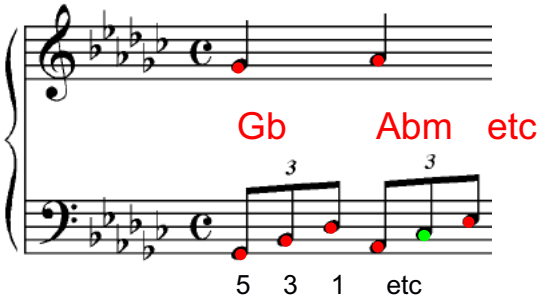
Gb Abm Bbm Cb Db Ebm Fdim

Watch out for the note - ‘Cb’ (marked in green) which is actually the WHITE key - ‘B’

RIGHT HAND workout

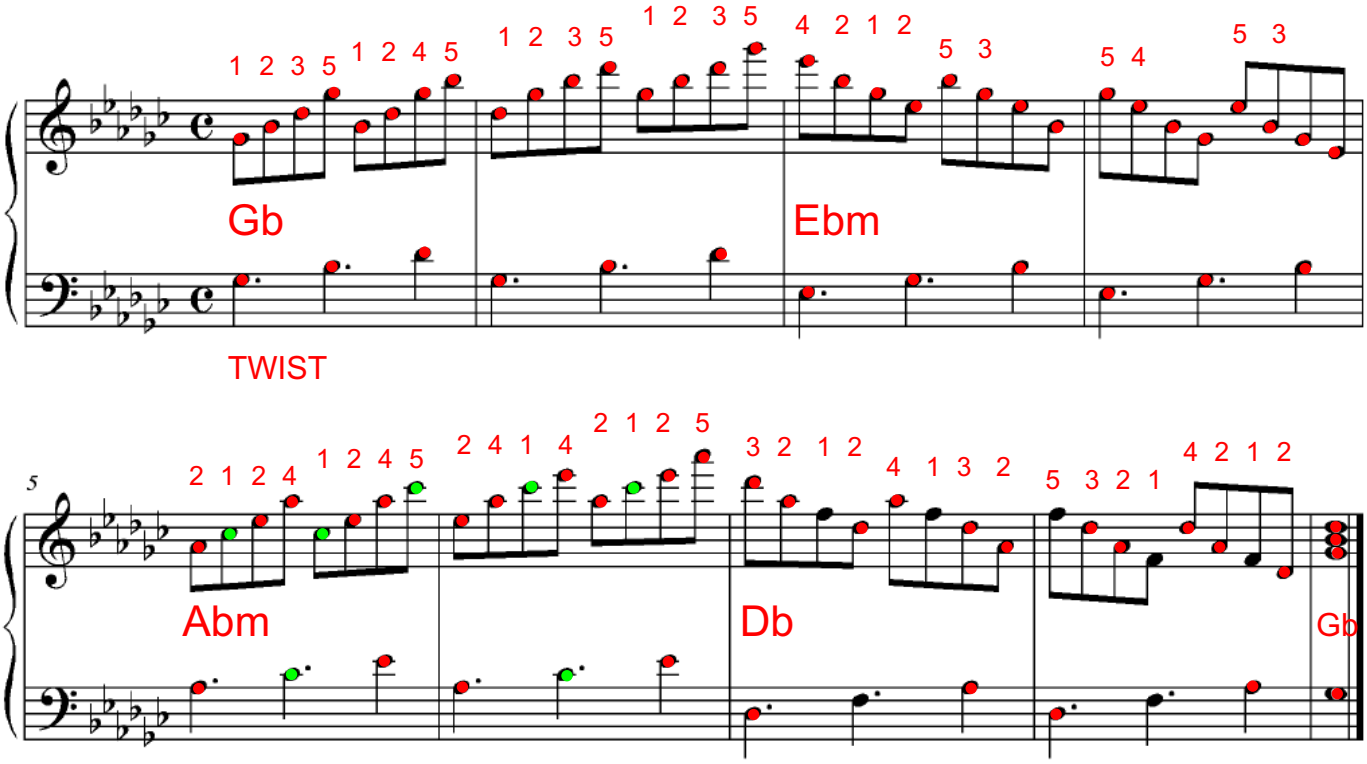


LEFT HAND workout



GO up and back down in both execises

BROKEN CHORD TWIST (Practice RIGHT HAND only to begin with)



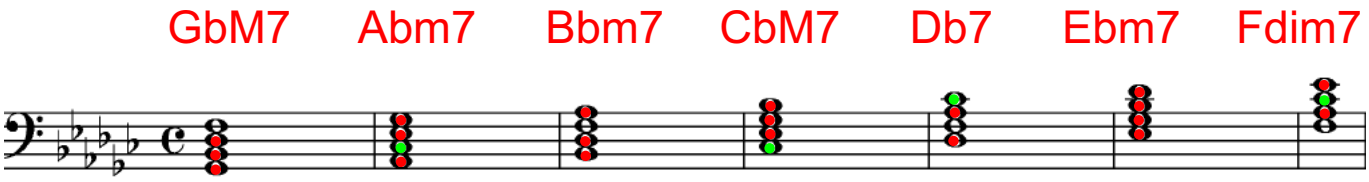
Play the above again but this time change the order of ascending and descending
ie Start on a high Gb and descend then go up an Ebm and so on. See if you can work out the fingering. You will have no choice but to use your thumb on certain black keys in this exercise.

No. of times practiced

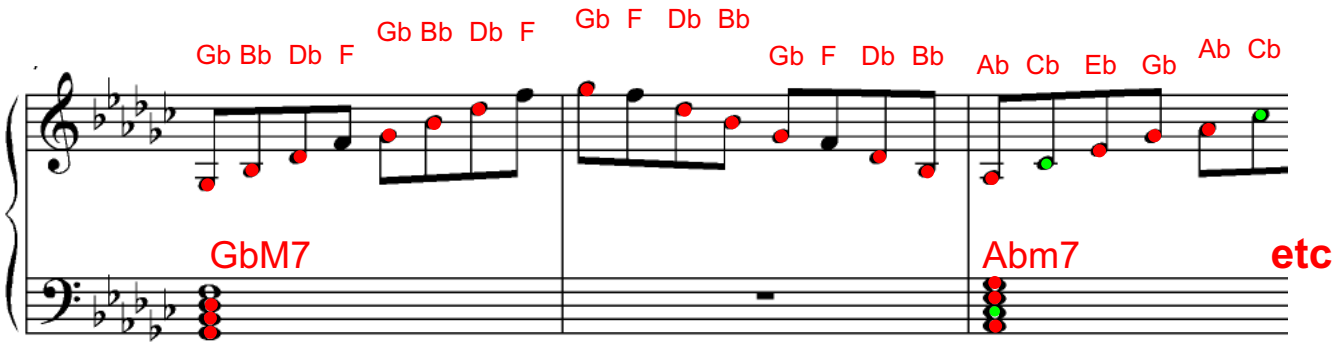
☐ ☐

7th CHORDS WORKOUT **Gb**$_3$

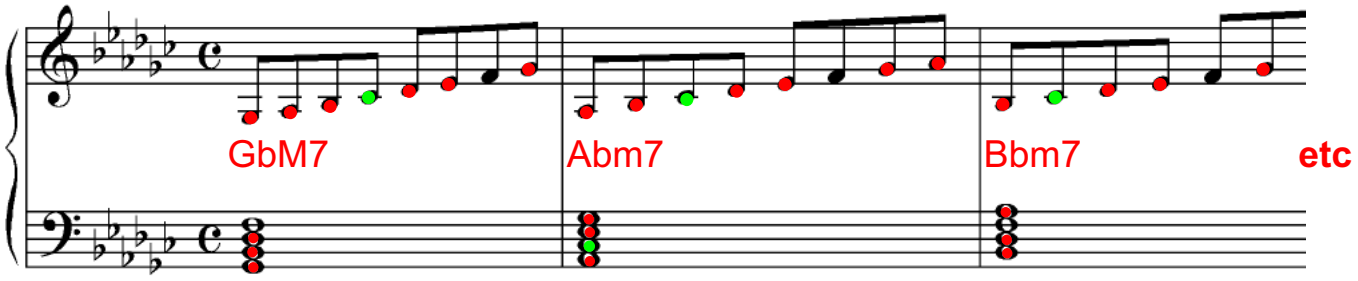
Gb FAMILY CHORDS - Left Hand



BROKEN 7th CHORDS WORKOUT 2 octaves / up and down (see page 70 for fingering)



Gb MAJOR SCALE WORKOUT Scale of Gb (starting on each chord note)



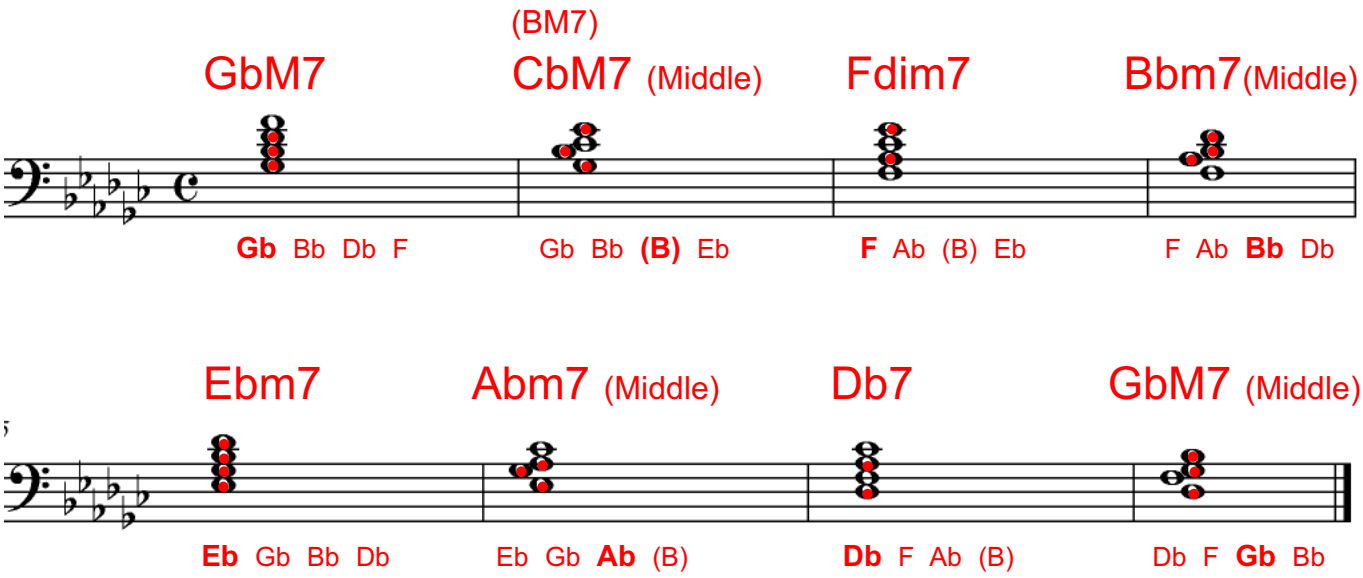
Gb Family 7 chords

No. of times practiced

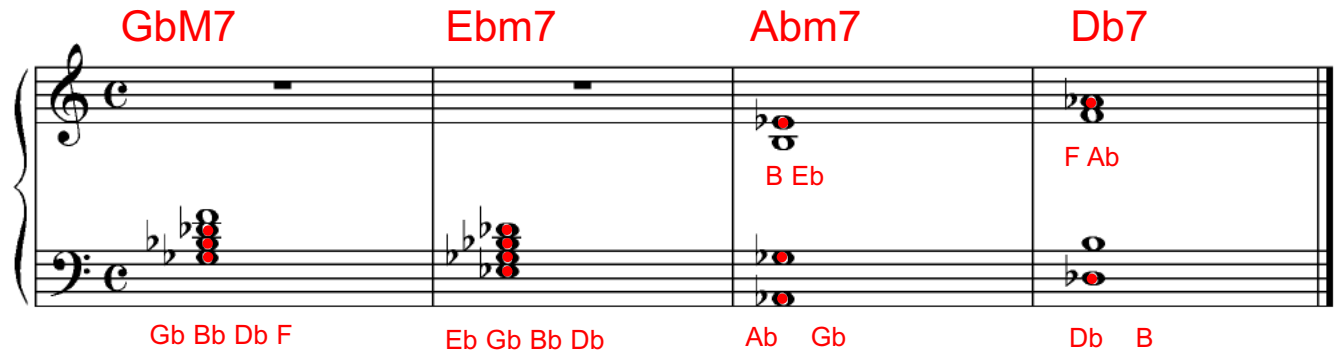
☐ ☐

7th CHORDS WORKOUT **Gb**

Gb FAMILY CHORDS CYCLE OF FIFTHS PROGRESSION
(The CATERPILLAR)



I - VI - II - V VOICINGS (Right hand can IMPROVISE as well)

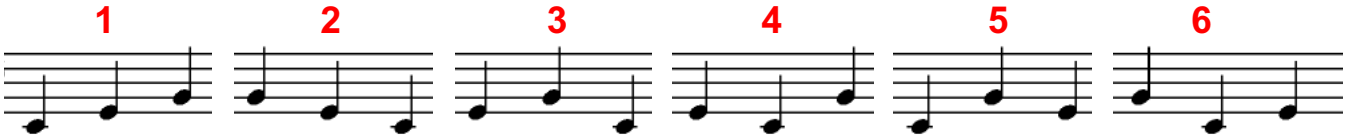
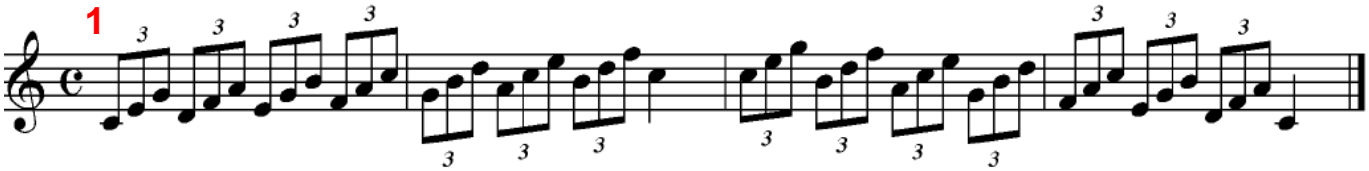
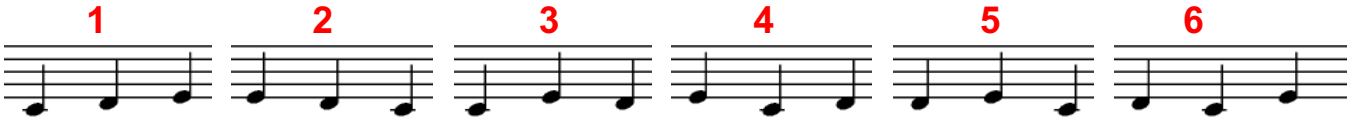
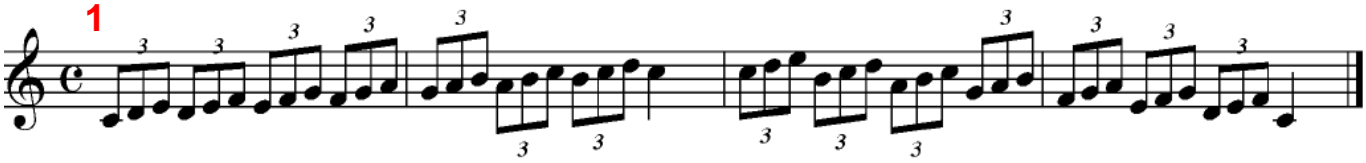
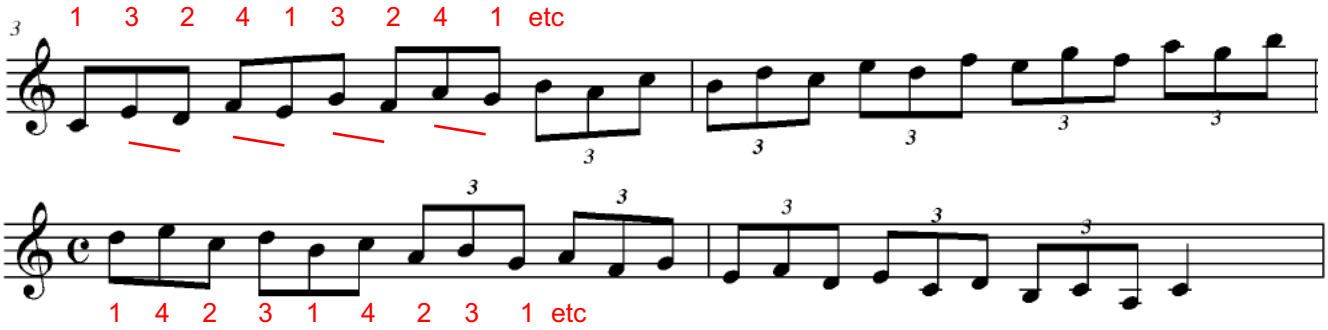
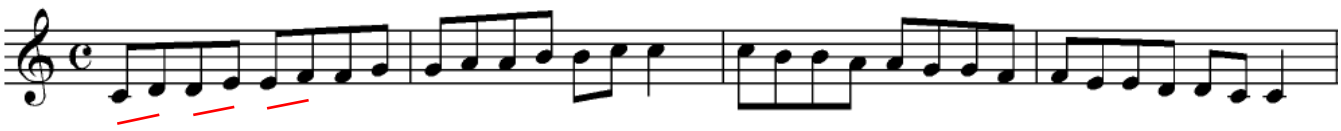


No. of times practiced

TWELVE THREE NOTE MELODIC PATTERNS **Gb**$_5$

TRANSPOSE the following patterns to the key of Gb

For fingering see page 70

CHORDAL

Practice each pattern up one octave then down again as follows..

SCALE-WISE

Practice each pattern up one octave then down again as follows..

The following is a mixture of two of the above patterns. If you look closely it is like a two note pattern played in thirds. Try it - it's easier than it looks.

DIATONIC (TWO note pattern) Use the fingering you use for the major scale

No. of times practiced

☐ ☐

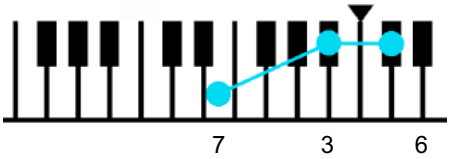
BLUES PRACTICE - 3

BASIC BLUES WORKOUT

Gb6

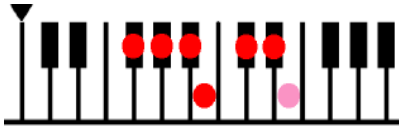
Improvise over the left hand chords with CHORD TONES or these scales
The C BLUES Scale can be used throughout

Gb7

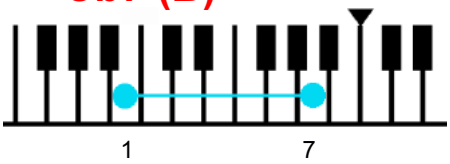


Gb BLUES Scale

Gb7 Scale



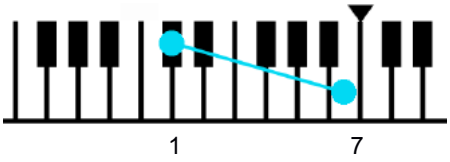
Cb7 (B)



(B) BLUES Scale

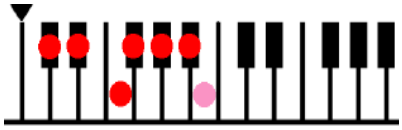
(B7) Scale

Db7



Db BLUES Scale

Db7 Scale



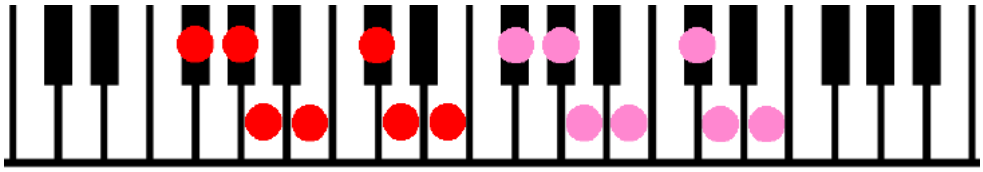
Gb7	Gb7	Gb7	Gb7	Cb7	Cb7
Gb7	Gb7	Db7	Cb7	Gb7	Gb7 or Db7

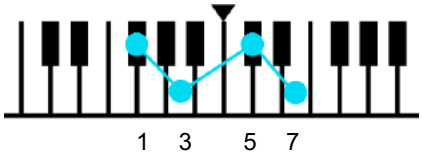
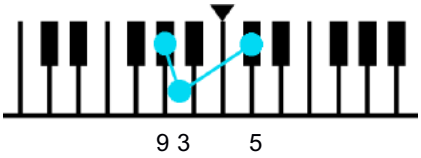
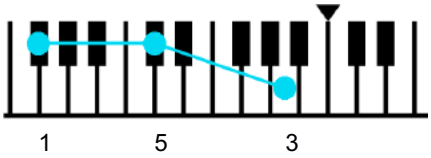
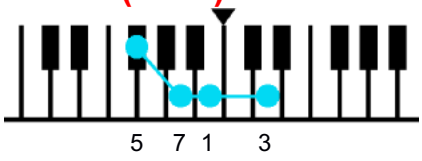
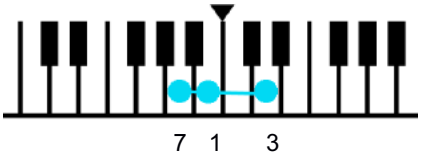
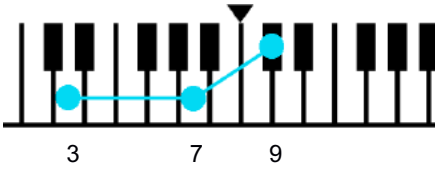
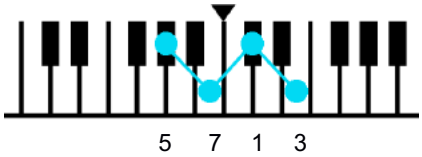
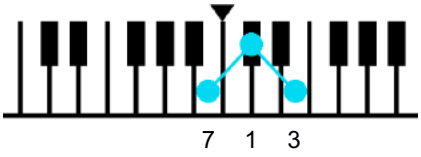
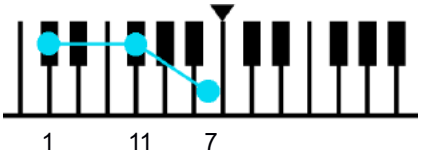
No. of times practiced

MINOR BLUES WORKOUT

Gb7

Gb MINOR (Natural) SCALE / same notes as A major



1.	2.	3.
Gbm7  1 3 5 7	**Gbm7 alt**  9 3 5	**Gbm7 alt**  1 5 3
Cbm7 **(Bm7)**  5 7 1 3	**(Bm7) alt**  7 1 3	**(Bm7) alt**  3 7 9
Dbm7  5 7 1 3	**Dbm7 alt**  7 1 3	**Dbm7 alt**  1 11 7

Don’t worry about following a chord progression - just change chords when you feel like it.

Improvise using chord tones and scale patterns - experiment - the altered chords are very dissonant so you will be able to make mistakes and still sound good.

No. of times practiced

☐ ☐

BLUES PRACTICE - 3

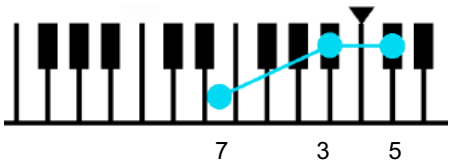
TRADITIONAL JAZZ / BLUES PROGRESSION

Gb8

Gb7	B7	Gb7	Gb7	B7	Cdim
Gb7	Eb7	Abm7	Db7	Gb7 Eb7	Abm7 Db7

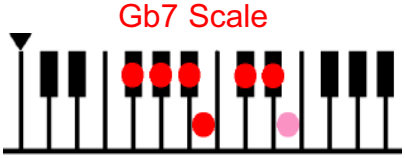
Improvise with CHORD TONES or these scales
(Gb BLUES scale can be used throughout)

Gb7

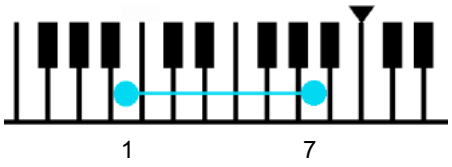


Gb BLUES Scale

Gb7 Scale



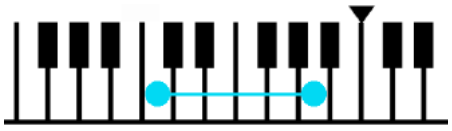
B7



B BLUES Scale

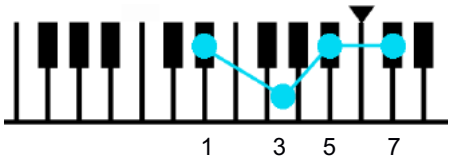
B7 Scale

Cdim

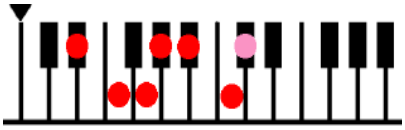


C dim Scale

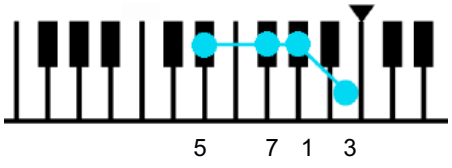
Eb7



Eb7 Scale

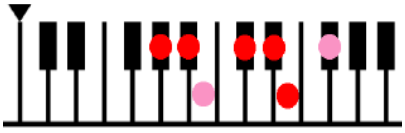


Abm7

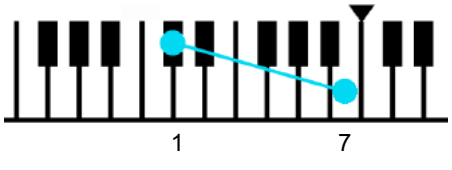


Ab BLUES Scale

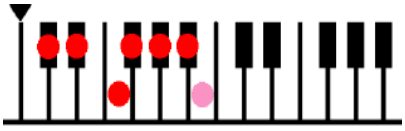
Abm7 Scale



Db7



Db7 Scale



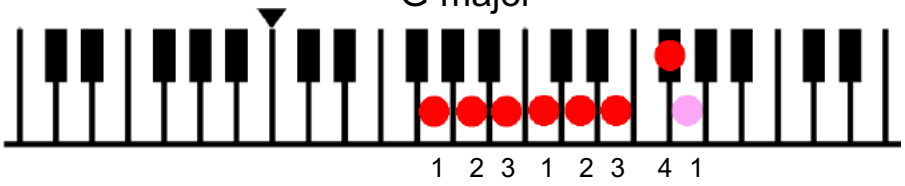
No. of times practiced

THE KEY OF G MAJOR

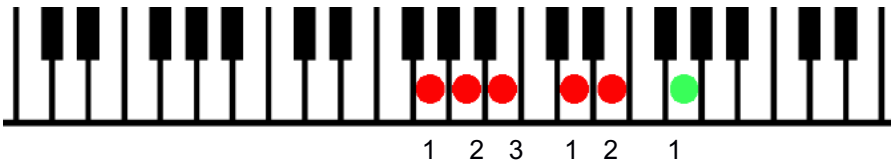
G1

SCALES

G major

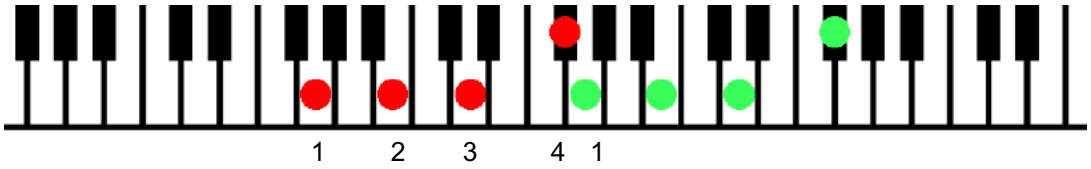


G Pentatonic



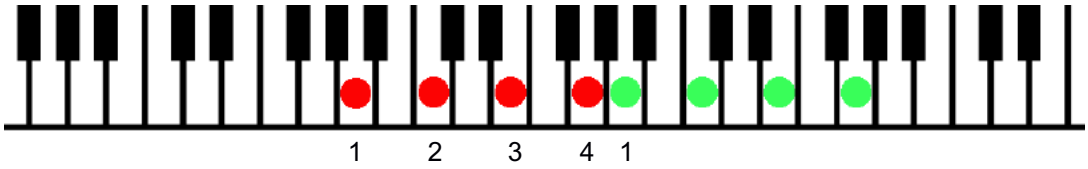
CHORD FAMILY FOR G MAJOR (Two Octaves)

GM7



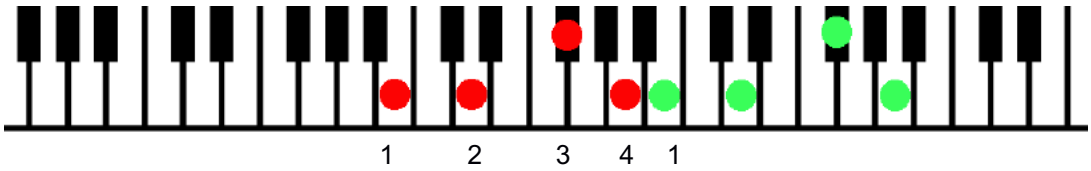
I

Am7



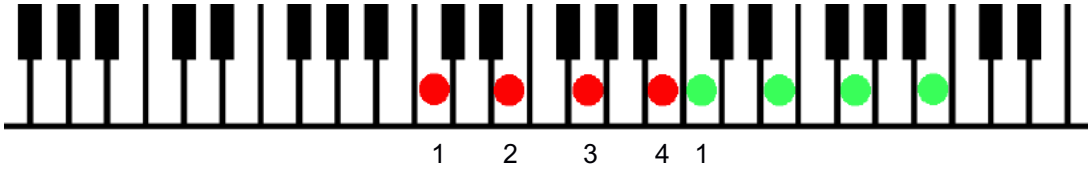
II

Bm7



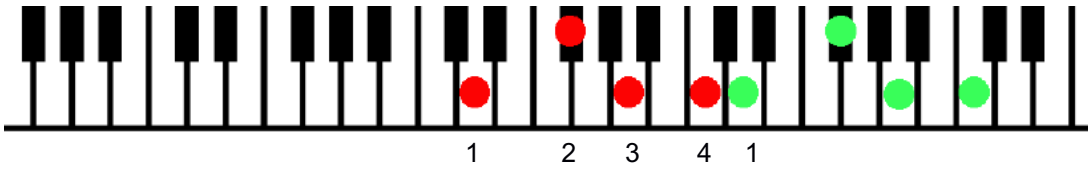
III

CM7



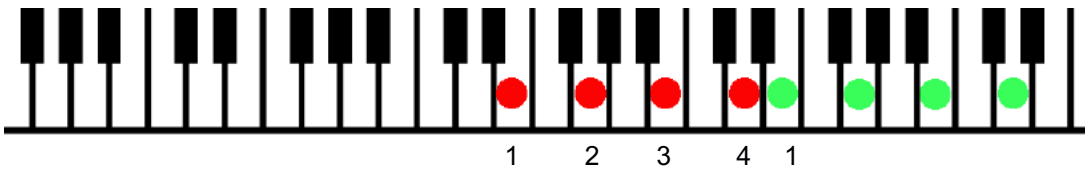
IV

D7



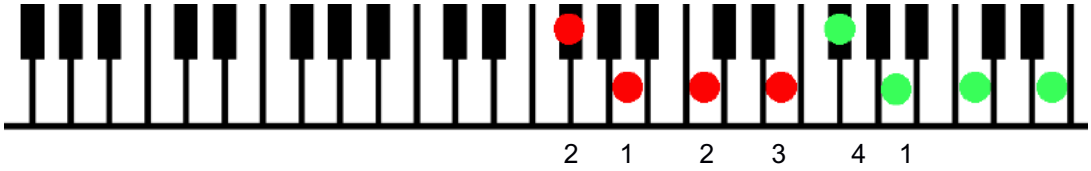
V

Em7



VI

F#^{o}7



VII

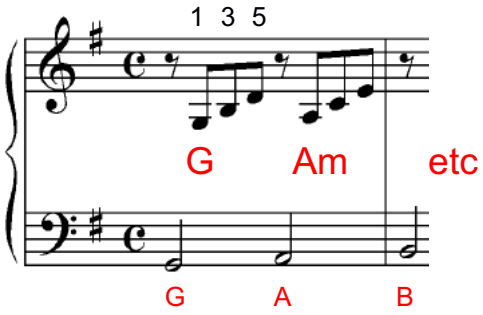
G MAJOR BASIC TRIAD WORKOUT

G2

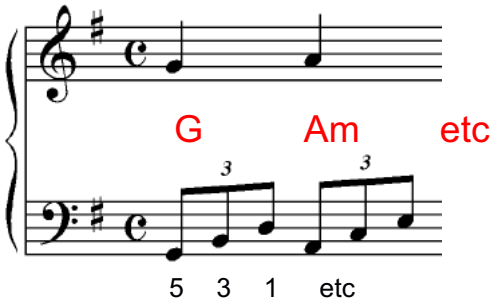
G FAMILY CHORDS

G Am Bm C D Em F#dim

RIGHT HAND workout

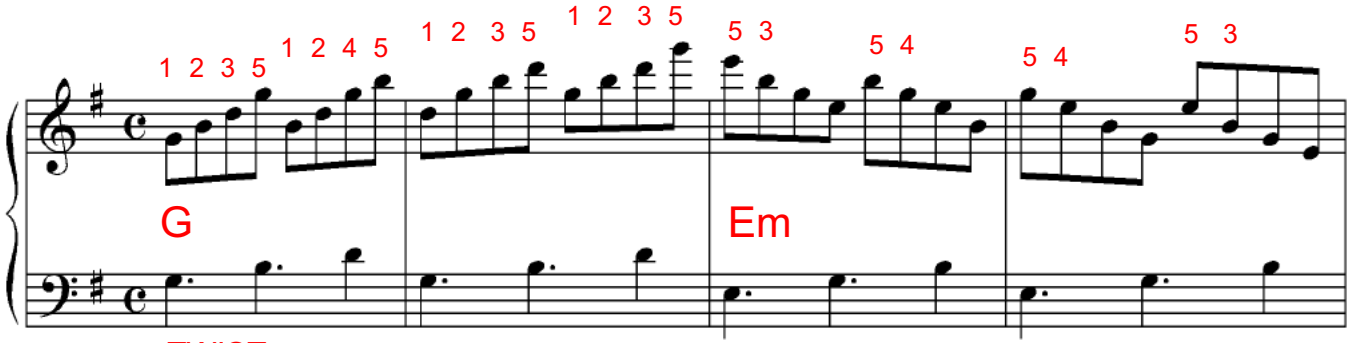


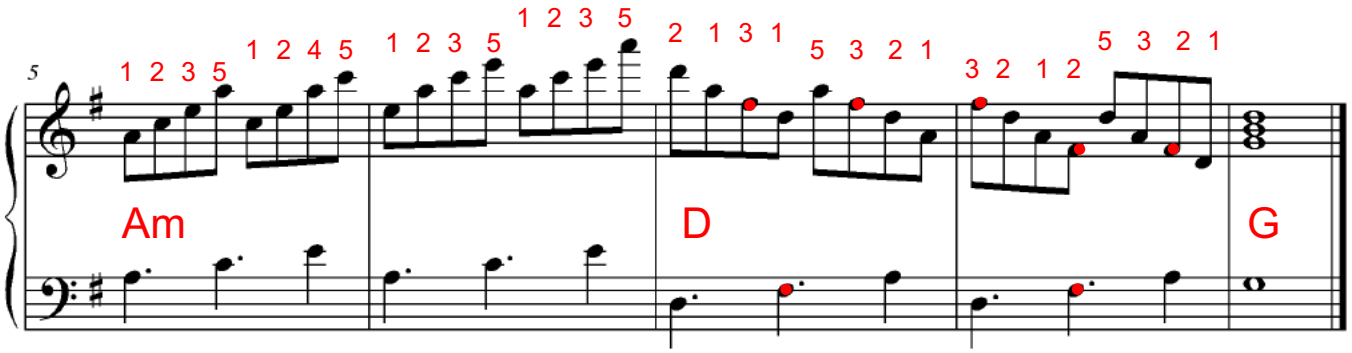
LEFT HAND workout



GO up and back down in both execises

BROKEN CHORD TWIST (Practice RIGHT HAND only to begin with)





Play the above again but this time change the order of ascending and descending
ie Start on a high D and descend then go up an Bm and so on. See if you can work out the fingering. Try to keep your THUMB off the black keys IF POSSIBLE.

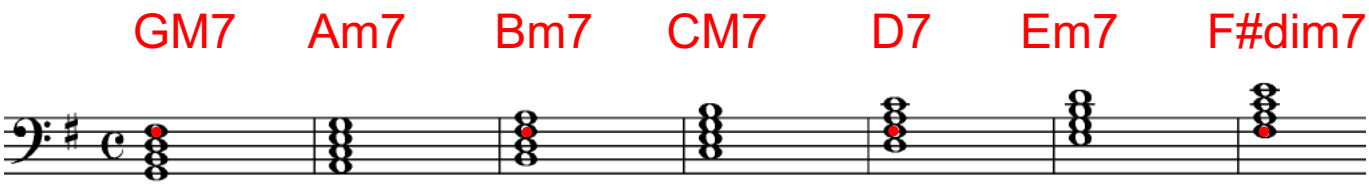
No. of times practiced

☐ ☐

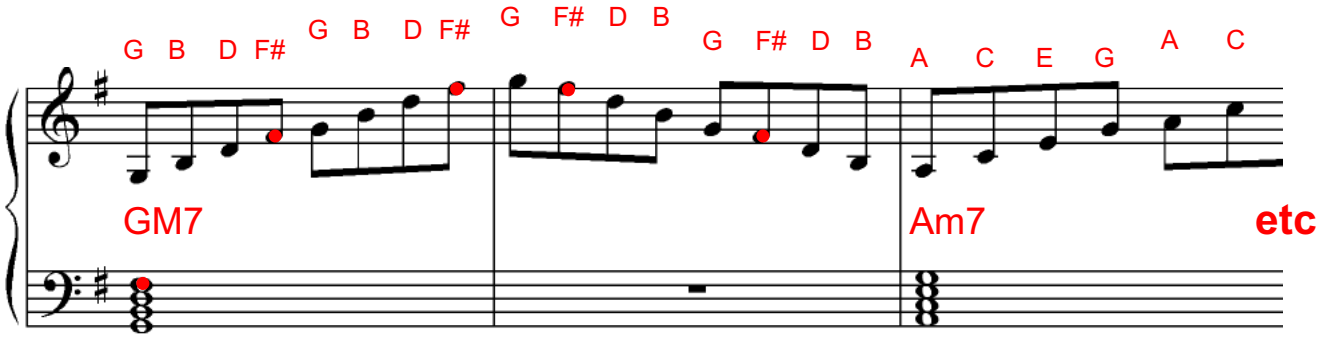
7th CHORDS WORKOUT

G$_3$

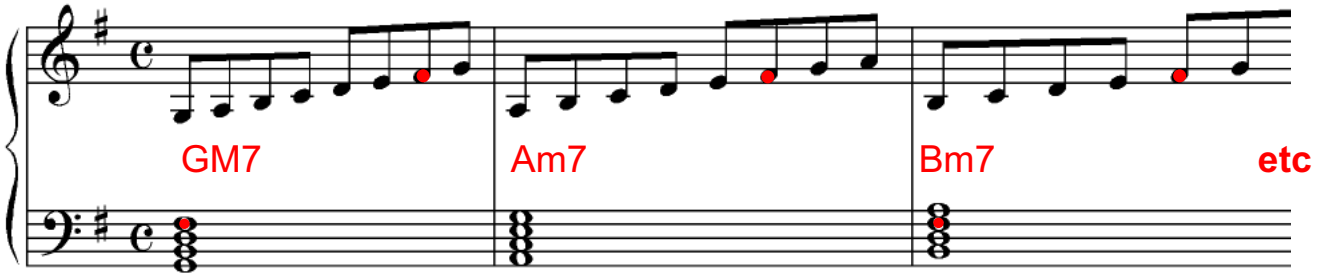
G FAMILY CHORDS - Left Hand



BROKEN 7th CHORDS WORKOUT 2 octaves / up and down (see page 78 for fingering)



G MAJOR SCALE WORKOUT Scale of G (starting on each chord note)

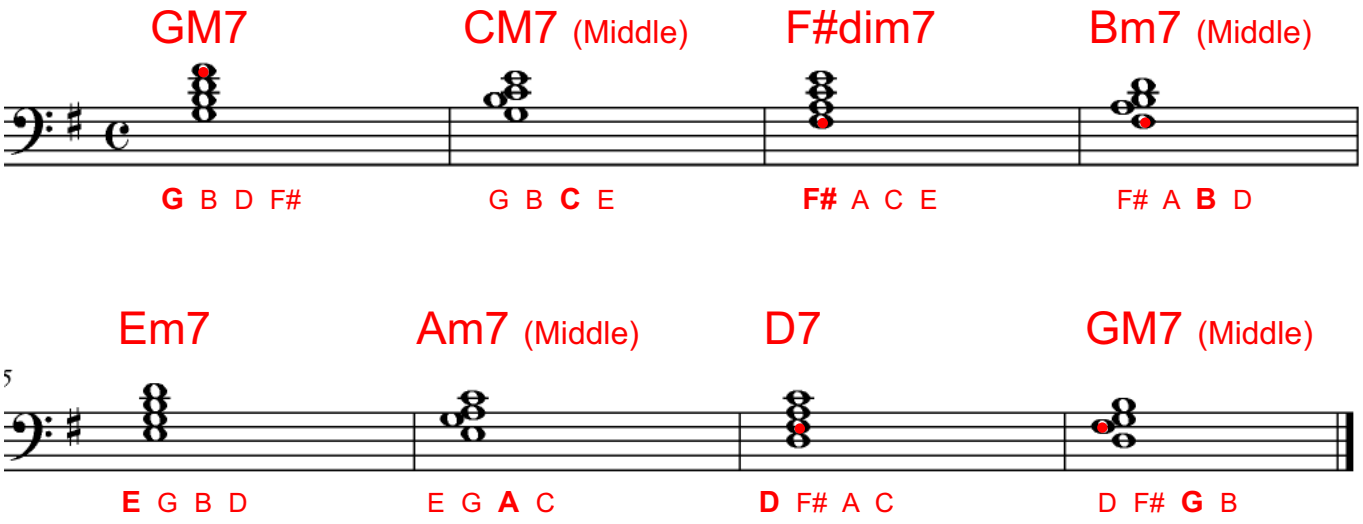


G Family 7 chords

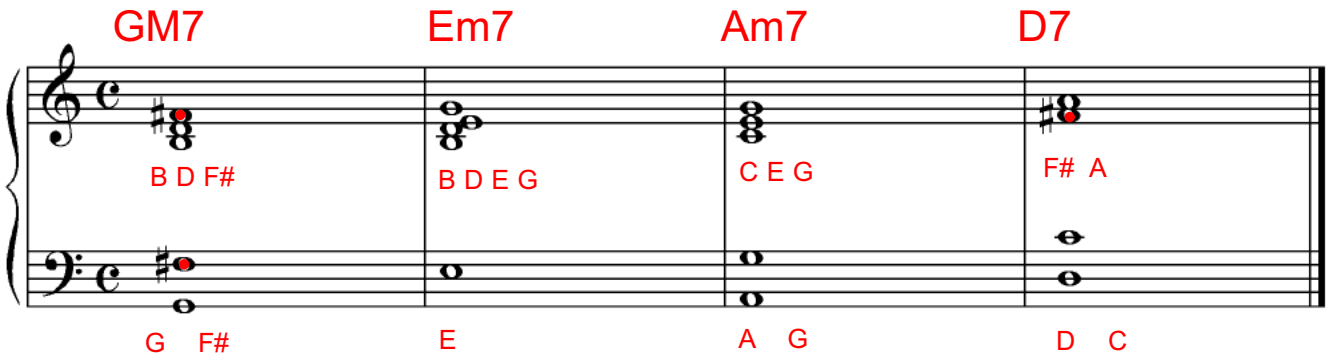
No. of times practiced

☐ ☐

G FAMILY CHORDS CYCLE OF FIFTHS PROGRESSION
(The CATERPILLAR)



I - VI - II - V VOICINGS (Right hand can IMPROVISE as well)



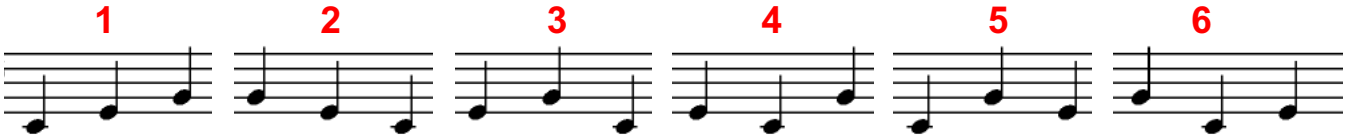
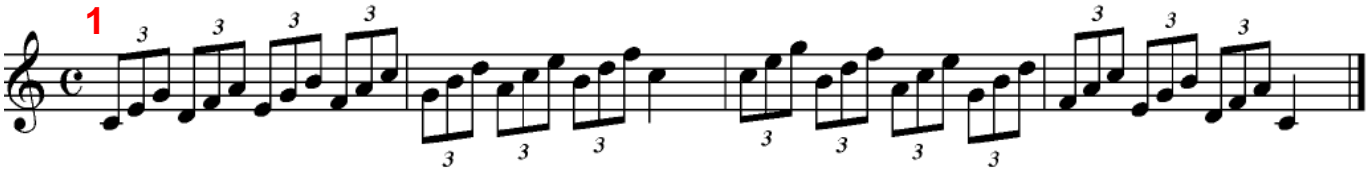
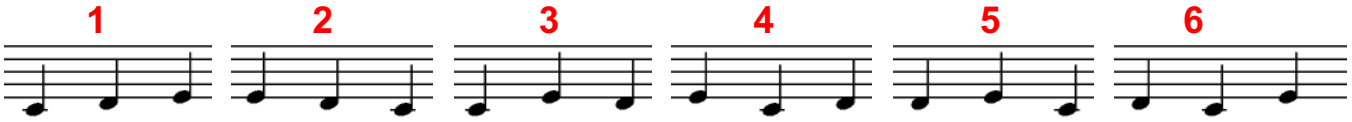
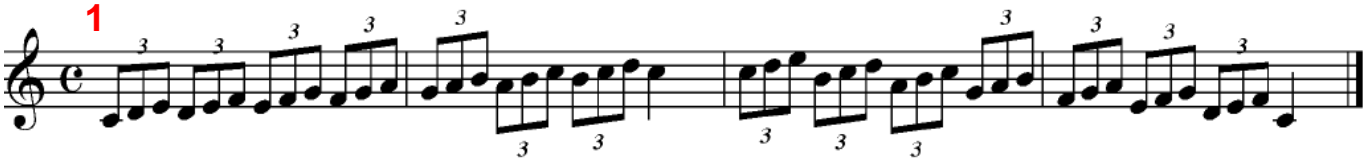
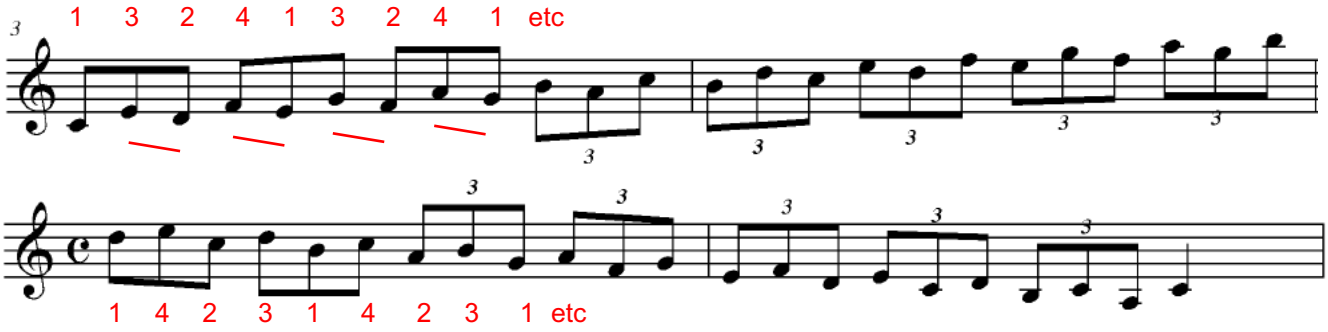
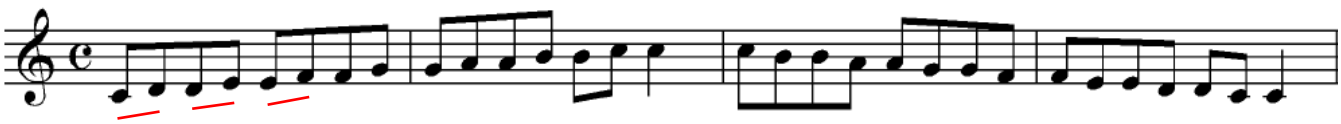
No. of times practiced

TWELVE THREE NOTE MELODIC PATTERNS

G5

TRANSPOSE the following patterns to the key of G

For fingering see page 78

CHORDAL

Practice each pattern up one octave then down again as follows..

SCALE-WISE

Practice each pattern up one octave then down again as follows..

The following is a mixture of two of the above patterns. If you look closely it is like a two note pattern played in thirds. Try it - it's easier than it looks.

DIATONIC (TWO note pattern) Use the fingering you use for the major scale

No. of times practiced

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

BLUES PRACTICE - 3

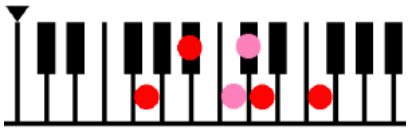
BASIC BLUES WORKOUT

G6

Improvise over the left hand chords with CHORD TONES or these scales
The G BLUES Scale can be used throughout

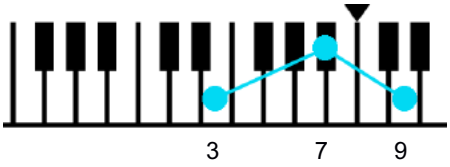
G7

G BLUES Scale

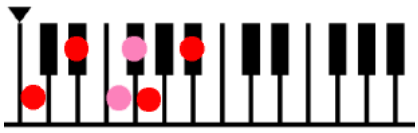


G7 Scale

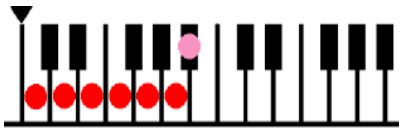
C7



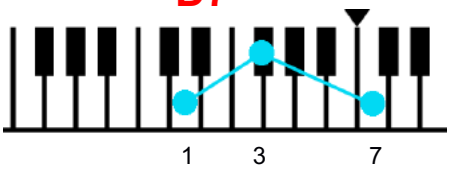
C BLUES Scale



C7 Scale



D7



D BLUES Scale

D7 Scale

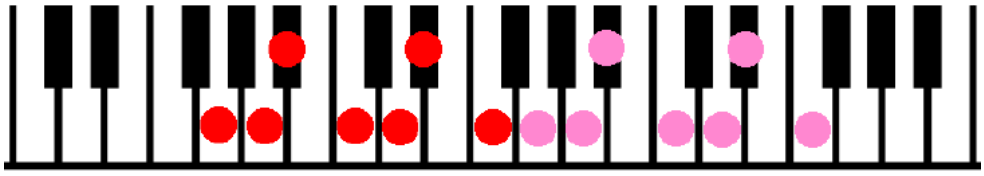
G7	G7	G7	G7	C7	C7
G7	G7	D7	C7	G7	G7 or D7

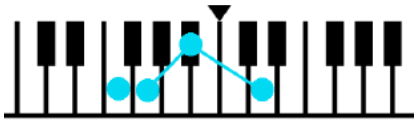
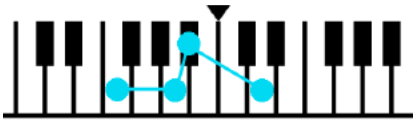
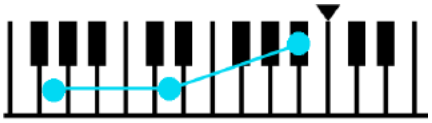
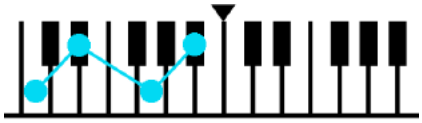
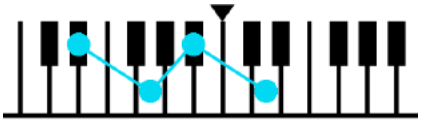
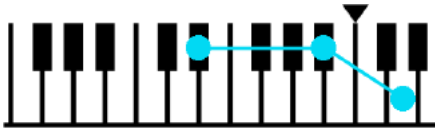
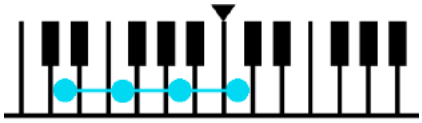
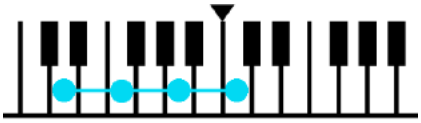
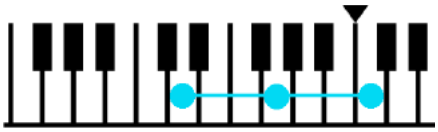
No. of times practiced

MINOR BLUES WORKOUT

G_7

G MINOR (Natural) SCALE / same notes as Bb major



1.	2.	3.
Gm7	**Gm7 alt**	**Gm7 alt**
		
7 1 3 5	7 9 3 5	1 5 3
Cm7	**Cm7 alt**	**Cm7 alt**
		
1 3 5 7	3 5 7 9 (EbM7)	3 7 9
Dm7	**Dm7 alt**	**Dm7 alt**
		
1 3 5 7	1 3 5 7	1 11 7

Don’t worry about following a chord progression - just change chords when you feel like it.

Improvise using chord tones and scale patterns - experiment - the altered chords are very dissonant so you will be able to make mistakes and still sound good.

No. of times practiced

☐ ☐

BLUES PRACTICE - 3

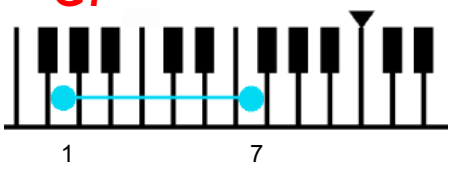
TRADITIONAL JAZZ / BLUES PROGRESSION

G8

G7	C7	G7	G7	C7	C#dim
G7	E7	Am7	D7	G7 E7	Am7 D7

Improvise with CHORD TONES or these scales
(G BLUES scale can be used throughout)

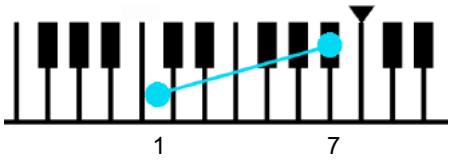
G7



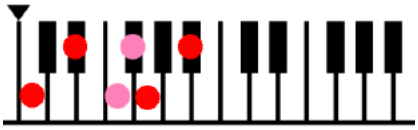
G BLUES Scale

G7 Scale

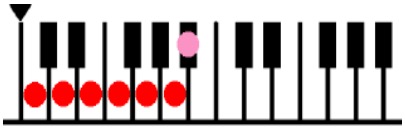
C7



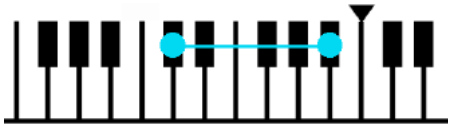
C BLUES Scale



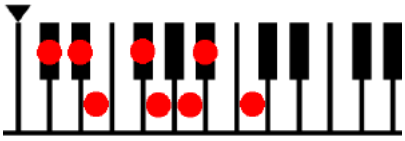
C7 Scale



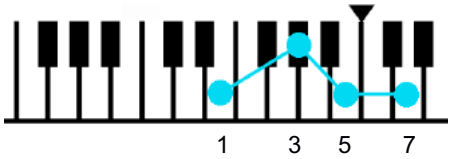
C#dim



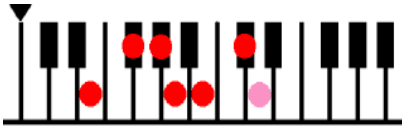
C# dim Scale



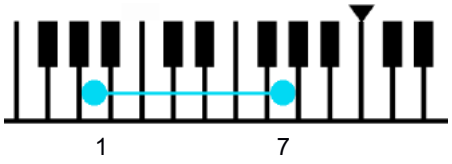
E7



E7 Scale



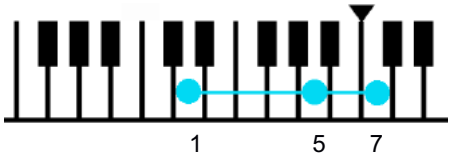
Am7



A BLUES Scale

Am7 Scale

D7



D7 Scale

No. of times practiced

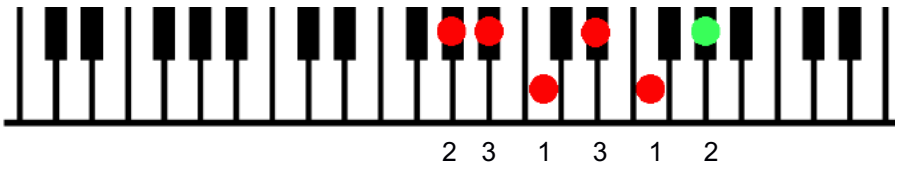
THE KEY OF Ab MAJOR

Ab1

SCALES

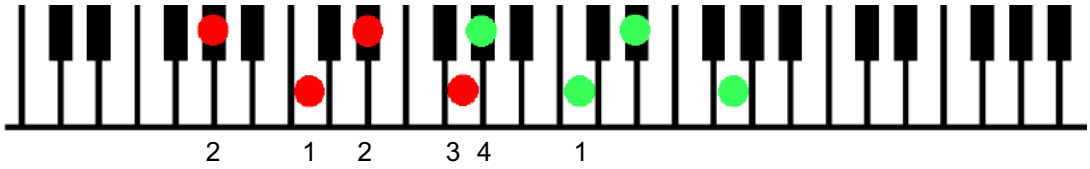
Ab major

Ab Pentatonic

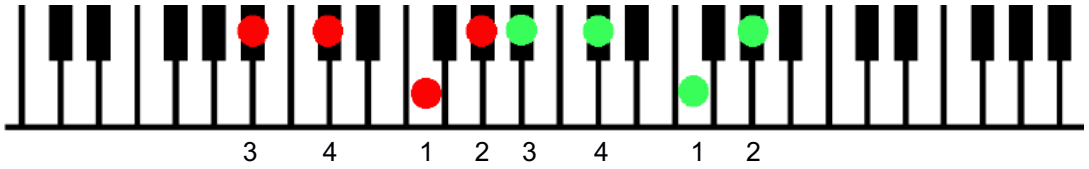


CHORD FAMILY FOR Ab MAJOR (Two Octaves)

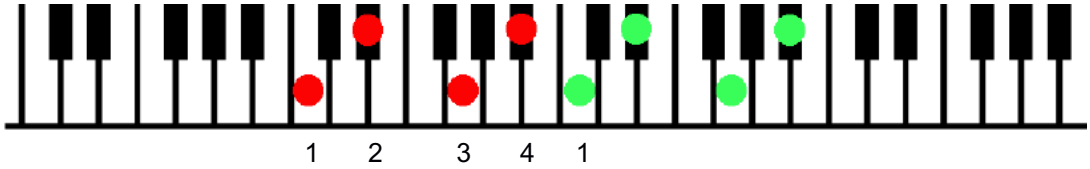
AbM7 — I



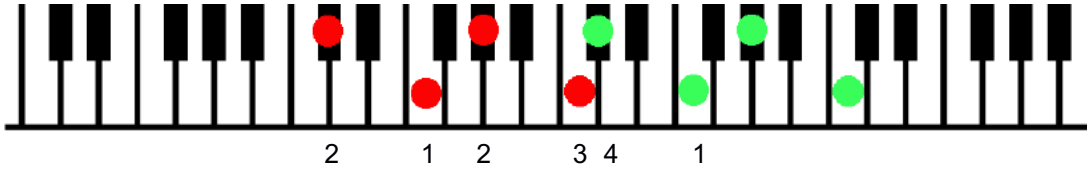
Bbm7 — II



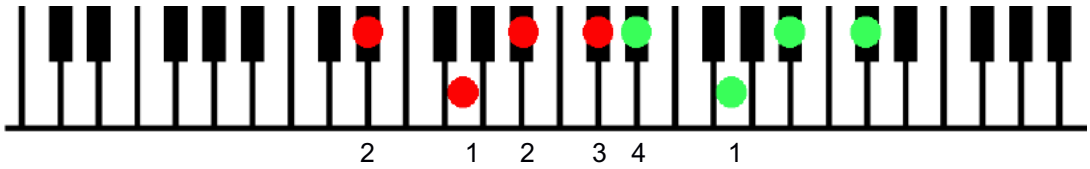
Cm7 — III



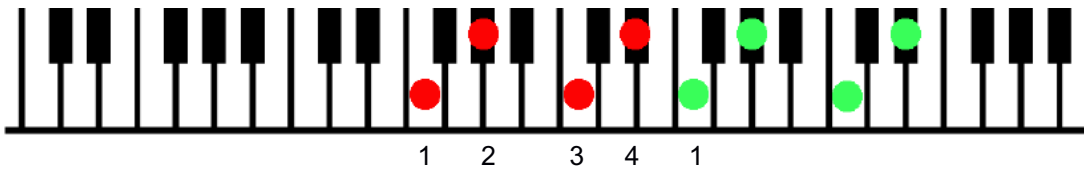
DbM7 — IV



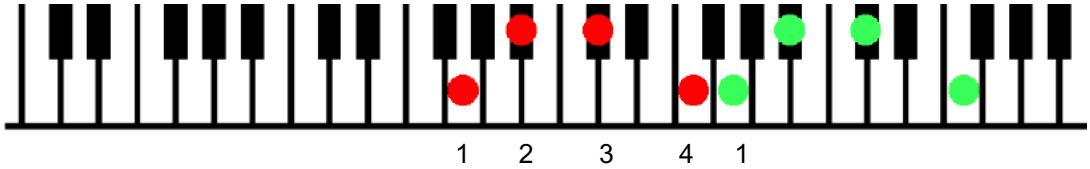
Eb7 — V



Fm7 — VI



$G^{o}7$ — VII



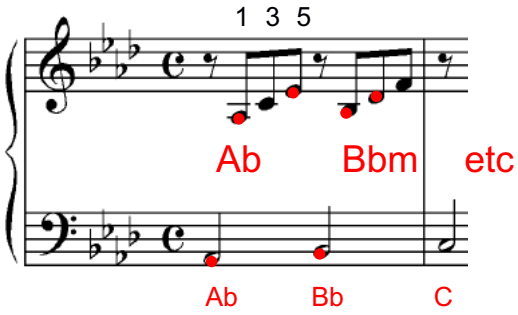
A FLAT MAJOR BASIC TRIAD WORKOUT

Ab2

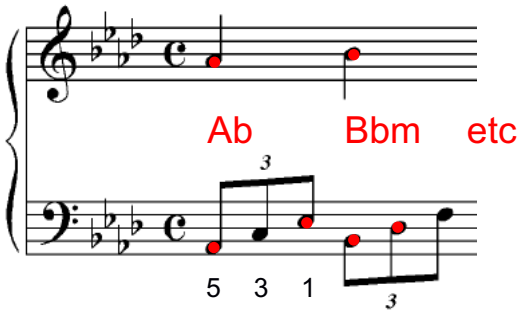
Ab FAMILY CHORDS

Ab Bbm Cm Db Eb Fm Gdim

RIGHT HAND workout

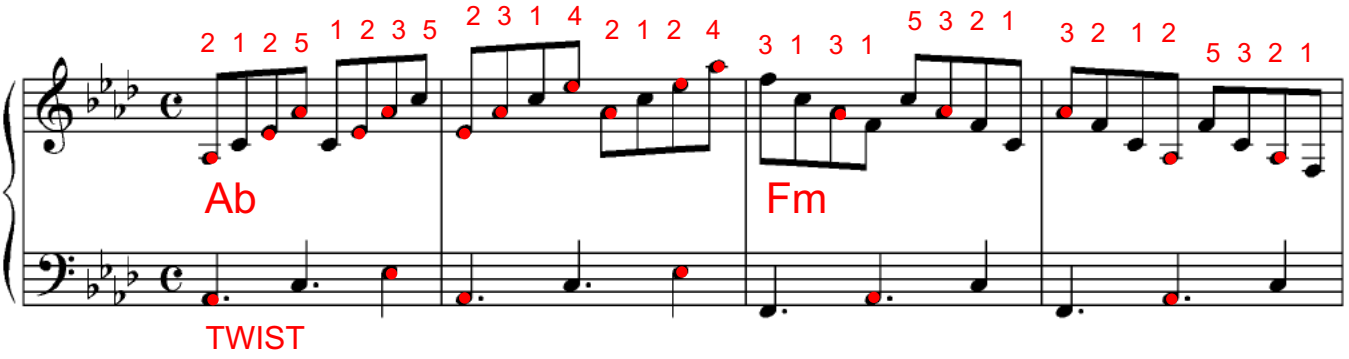


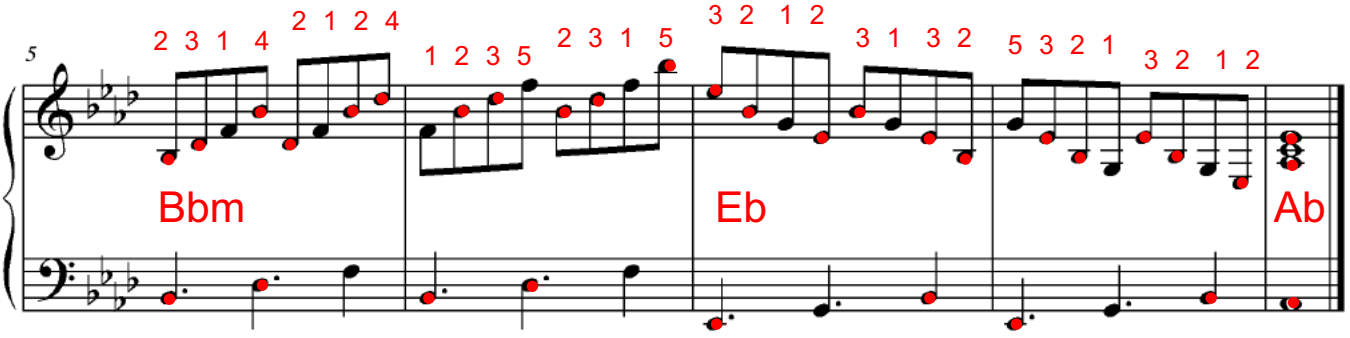
LEFT HAND workout



GO up and back down in both execises

BROKEN CHORD TWIST (Practice RIGHT HAND only to begin with)





Play the above again but this time change the order of ascending and descending
ie Start on a high Ab and descend then go up an Fm and so on. See if you can work out the fingering. Try to keep your THUMB off the black keys IF POSSIBLE.

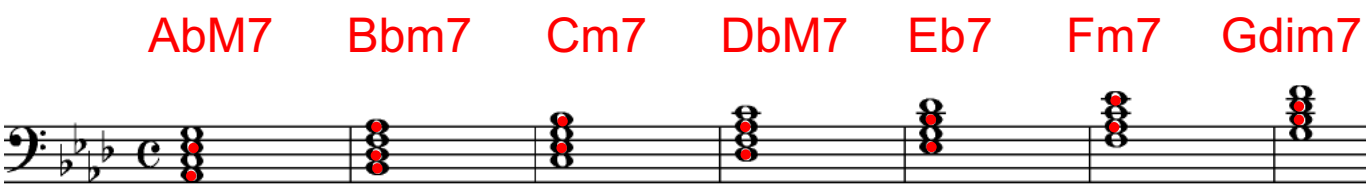
No. of times practiced

☐ ☐

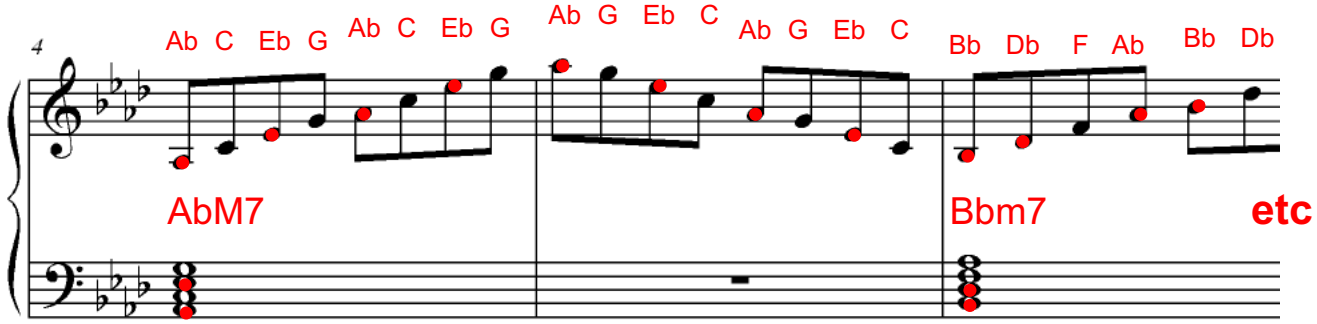
7th CHORDS WORKOUT

Ab$_3$

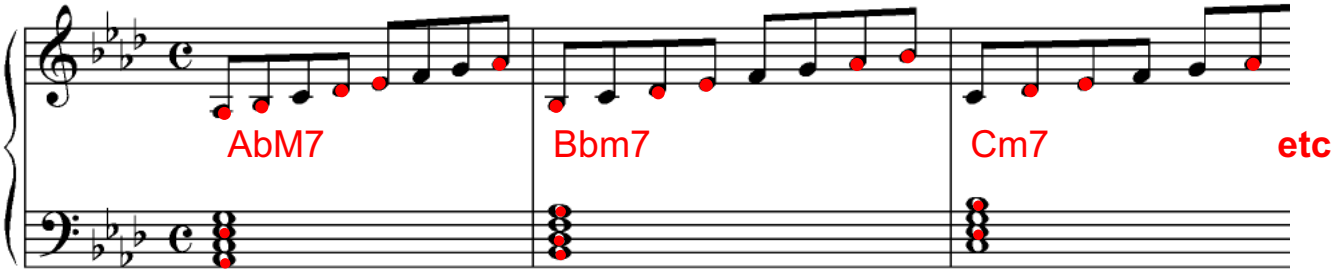
Ab FAMILY CHORDS - Left Hand



BROKEN 7th CHORDS WORKOUT 2 octaves / up and down (see page 86 for fingering)



Ab MAJOR SCALE WORKOUT Scale of Ab (starting on each chord note)

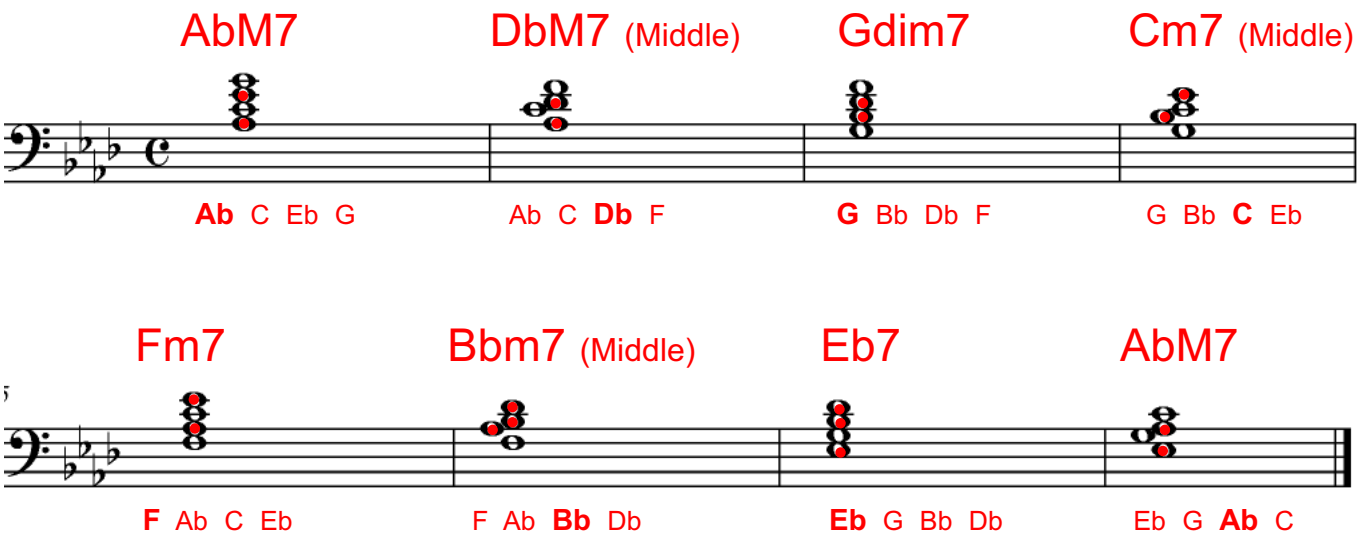


Ab Family 7 chords

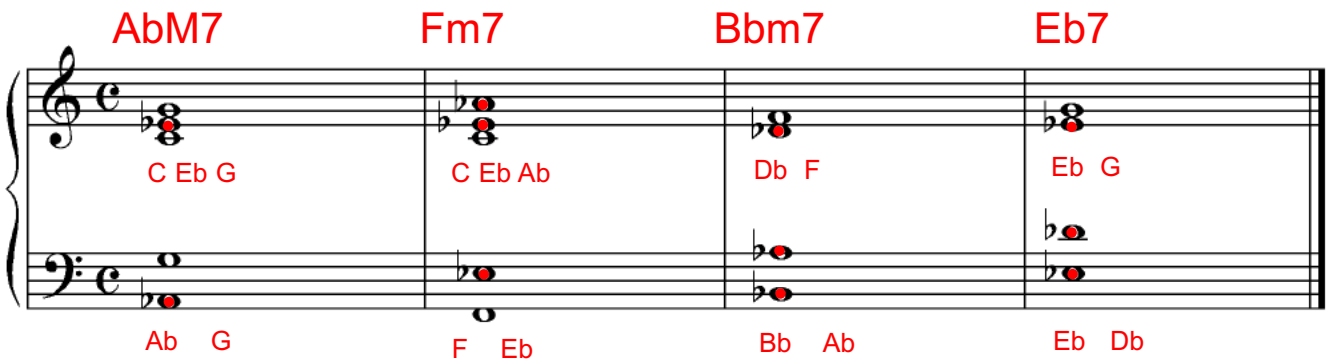
No. of times practiced

☐ ☐

Ab FAMILY CHORDS CYCLE OF FIFTHS PROGRESSION
(The CATERPILLAR)



I - VI - II - V VOICINGS (Right hand can IMPROVISE as well)



No. of times practiced

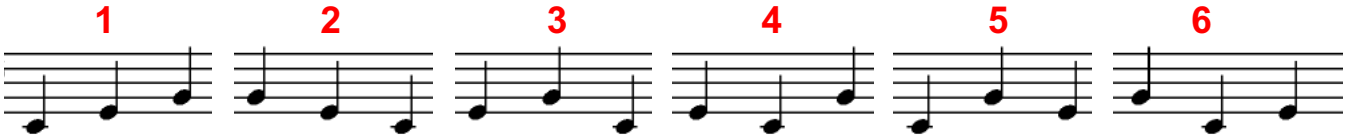
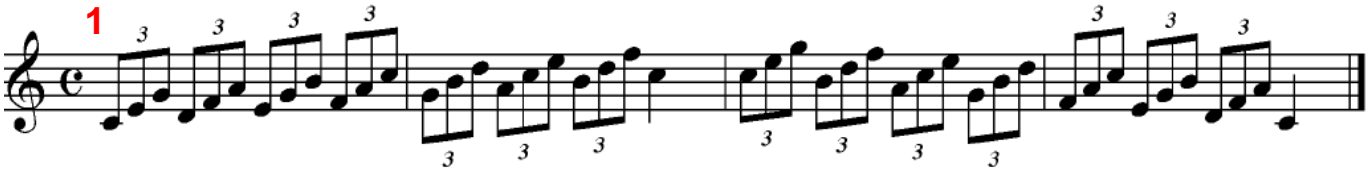
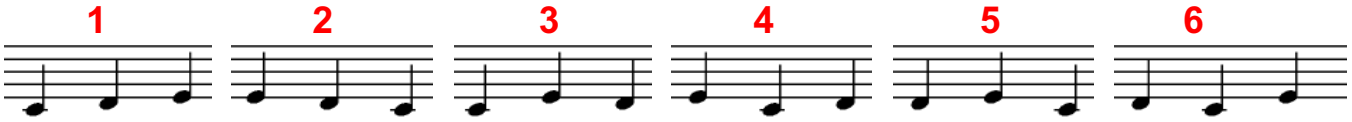
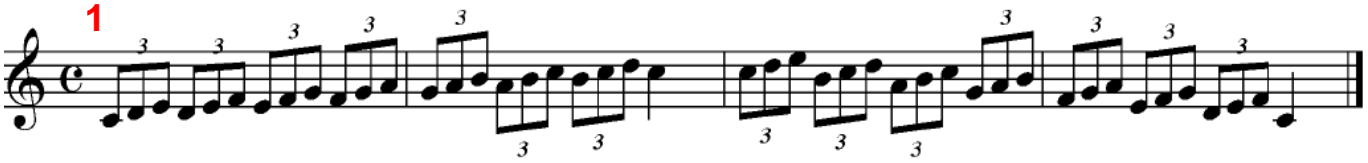
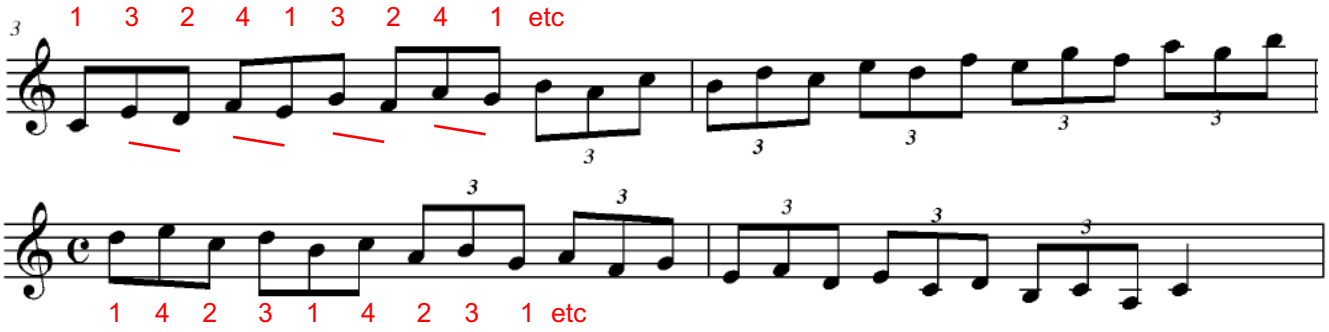
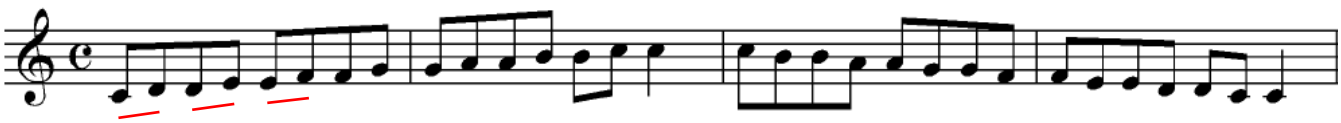
☐ ☐

TWELVE THREE NOTE MELODIC PATTERNS

Ab5

TRANSPOSE the following patterns to the key of Ab

For fingering see page 86

CHORDAL

Practice each pattern up one octave then down again as follows..

SCALE-WISE

Practice each pattern up one octave then down again as follows..

The following is a mixture of two of the above patterns. If you look closely it is like a two note pattern played in thirds. Try it - it's easier than it looks.

DIATONIC (TWO note pattern) Use the fingering you use for the major scale

No. of times practiced

☐ ☐

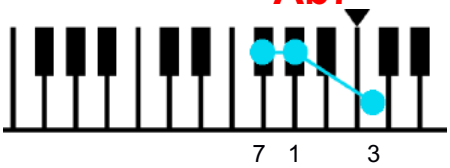
BLUES PRACTICE - 3

BASIC BLUES WORKOUT

Ab6

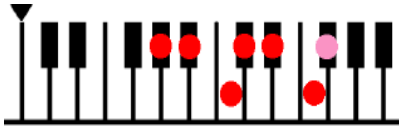
Improvise over the left hand chords with CHORD TONES or these scales
The Ab BLUES Scale can be used throughout

Ab7

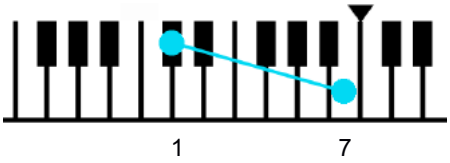


Ab BLUES Scale

Ab7 Scale

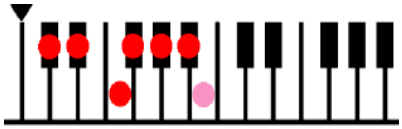


Db7

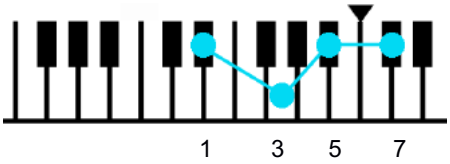


Db BLUES Scale

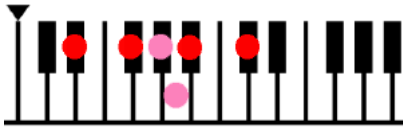
Db7 Scale



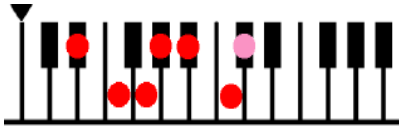
Eb7



Eb BLUES Scale



Eb7 Scale



Ab7	Ab7	Ab7	Ab7	Db7	Db7
Ab7	Ab7	Eb7	Db7	Ab7	Ab7 or Eb7

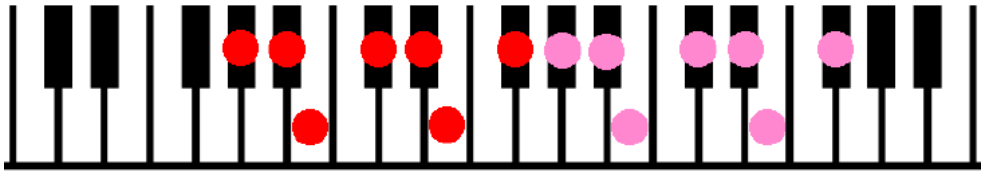
No. of times practiced

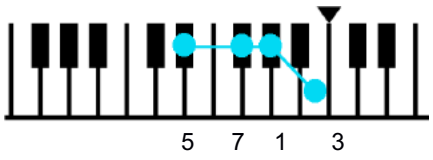
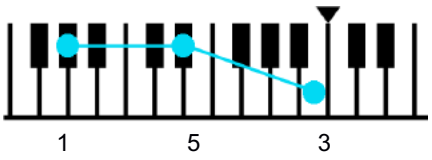
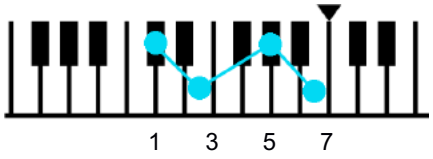
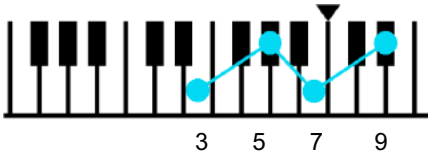
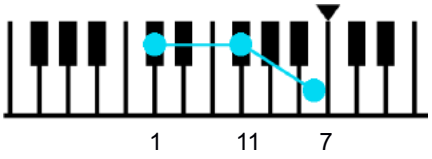
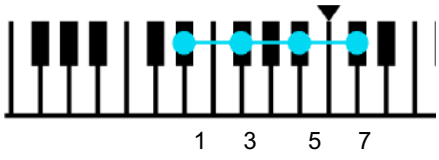
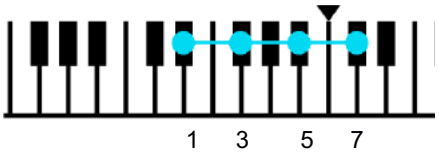
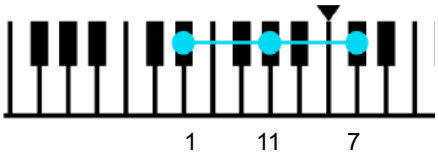
☐ ☐

MINOR BLUES WORKOUT

Ab_7

Ab MINOR (Natural) SCALE / same notes as B major



1.	2.	3.
Abm7	**Abm7 alt**	**Abm7 alt**
 5 7 1 3	9 3 5	 1 5 3
Dbm7	**Dbm7 alt**	**Dbm7 alt**
 1 3 5 7	 3 5 7 9 (EM7)	 1 11 7
Ebm7	**Ebm7 alt**	**Ebm7 alt**
 1 3 5 7	 1 3 5 7 (EM7)	 1 11 7

Don’t worry about following a chord progression - just change chords when you feel like it.

Improvise using chord tones and scale patterns - experiment - the altered chords are very dissonant so you will be able to make mistakes and still sound good.

No. of times practiced

☐ ☐

BLUES PRACTICE - 3

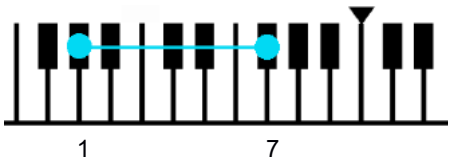
TRADITIONAL JAZZ / BLUES PROGRESSION

Ab8

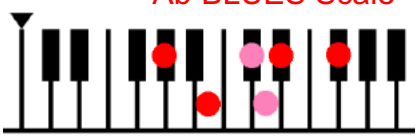
Ab7	Db7	Ab7	Ab7	Db7	Ddim
Ab7	F7	Bbm7	Eb7	Ab7 F7	Bbm7 Eb7

Improvise with CHORD TONES or these scales
(Ab BLUES scale can be used throughout)

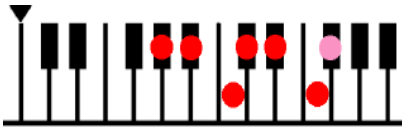
Ab7



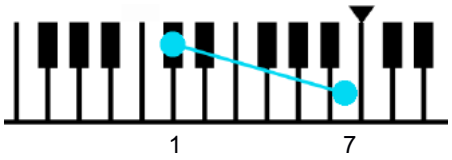
Ab BLUES Scale



Ab7 Scale

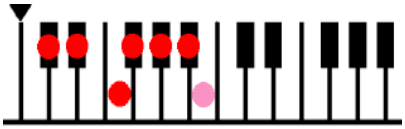


Db7

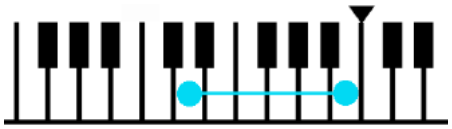


Db BLUES Scale

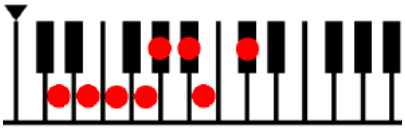
Db7 Scale



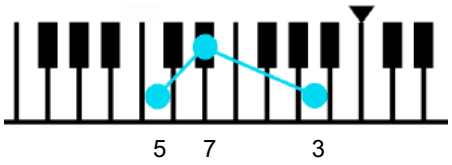
Ddim



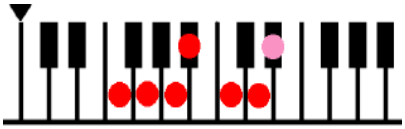
D dim Scale



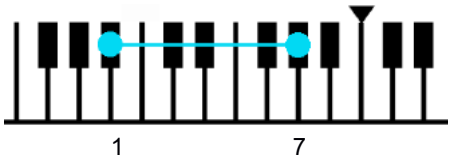
F7



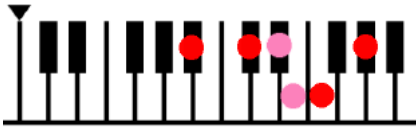
F7 Scale



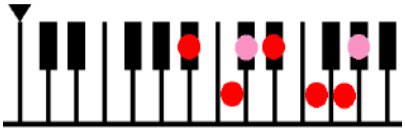
Bbm7



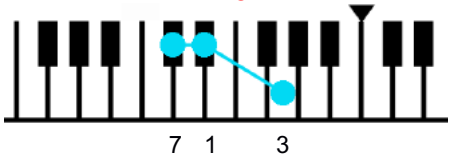
Bb BLUES Scale



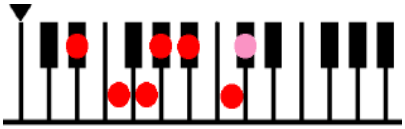
Bbm7 Scale



Eb7



Eb7 Scale



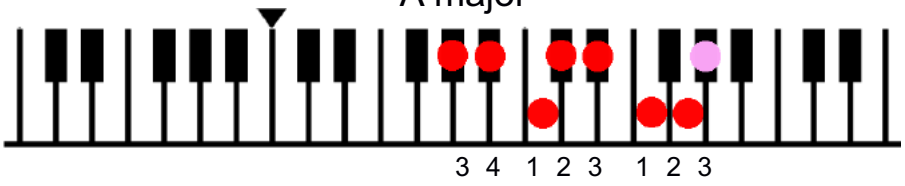
No. of times practiced

THE KEY OF A MAJOR

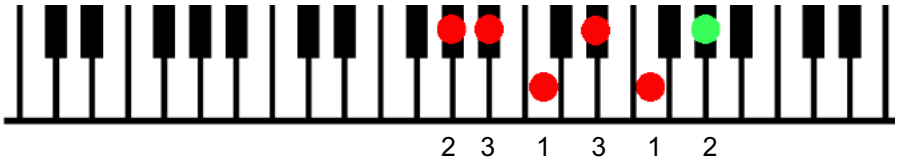
A1

SCALES

A major

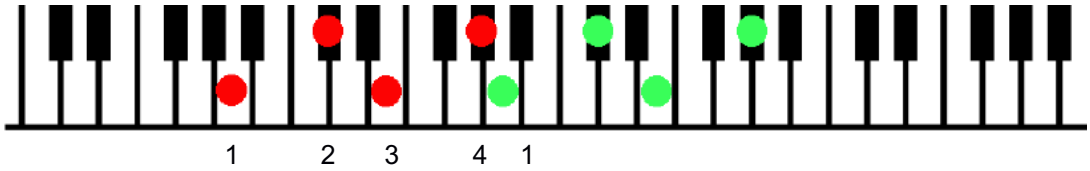


A Pentatonic

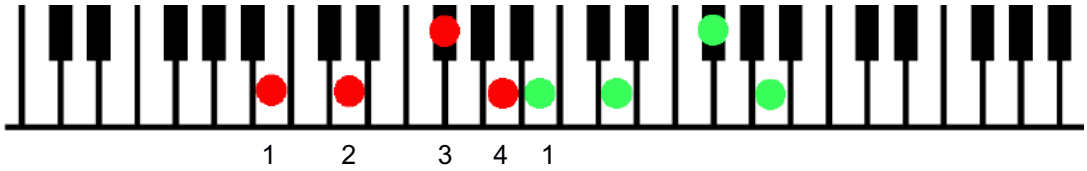


CHORD FAMILY FOR A MAJOR (Two Octaves)

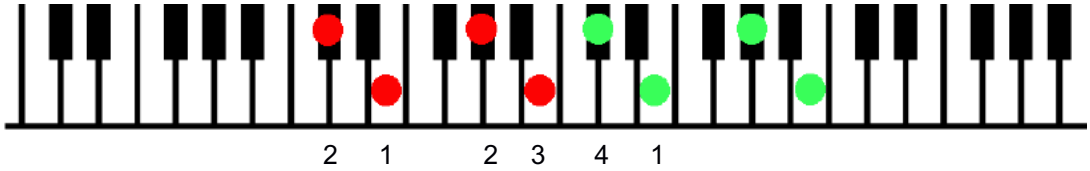
AM7 I



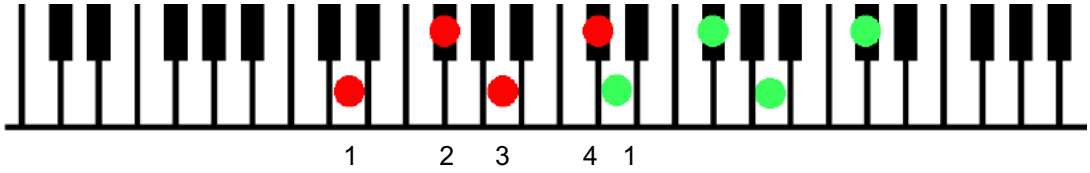
Bm7 II



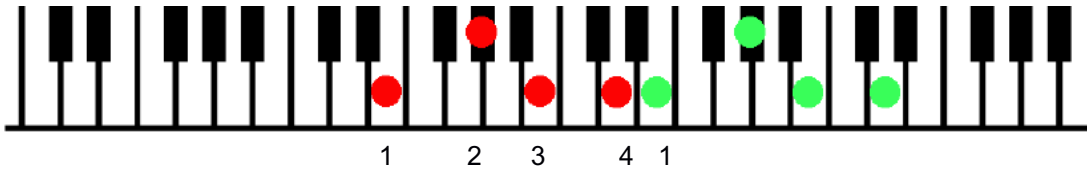
C#m7 III



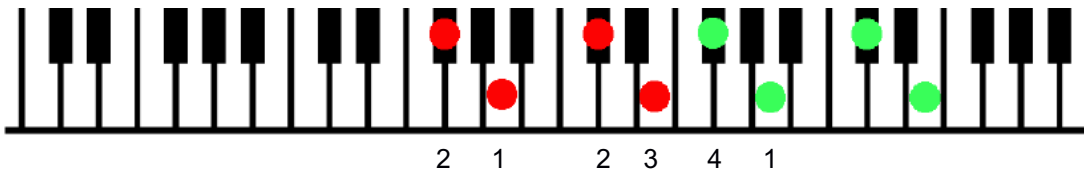
DM7 IV



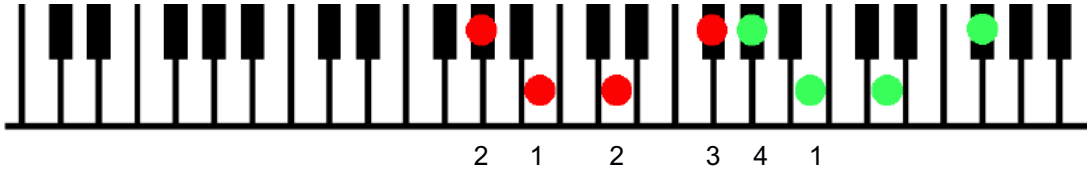
E7 V



F#m7 VI



G#°7 VII



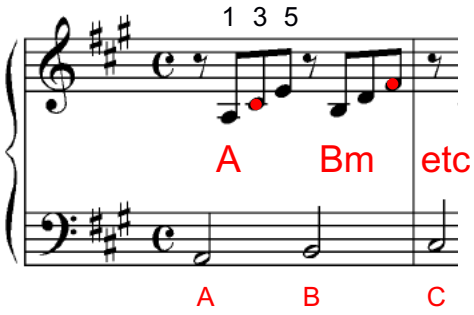
A MAJOR BASIC TRIAD WORKOUT

A2

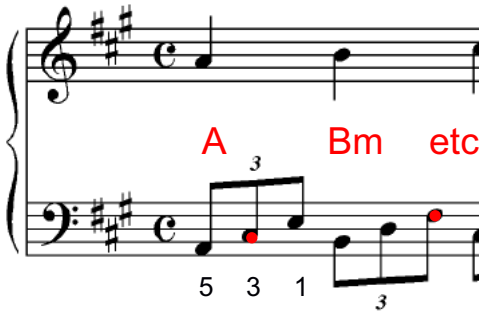
A FAMILY CHORDS

A Bm C#m D E F#m G#dim

RIGHT HAND workout

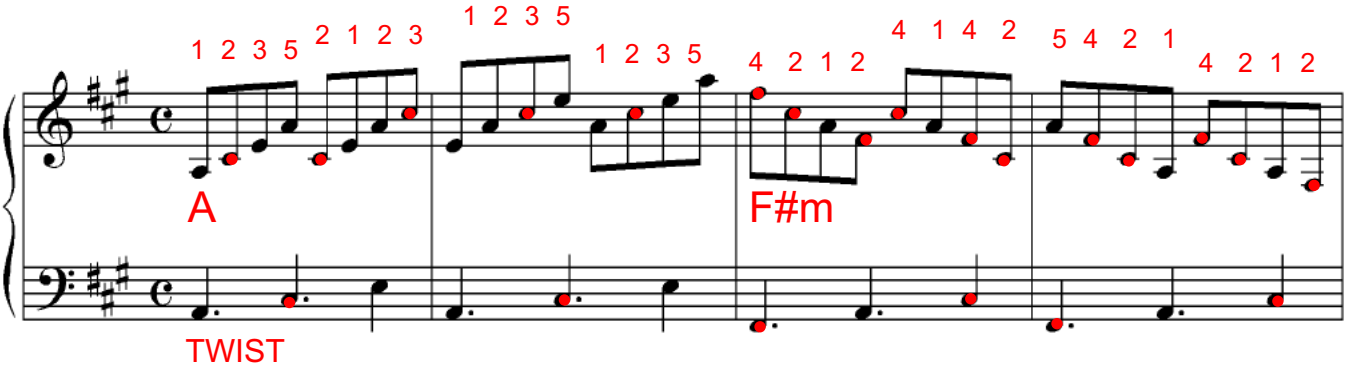


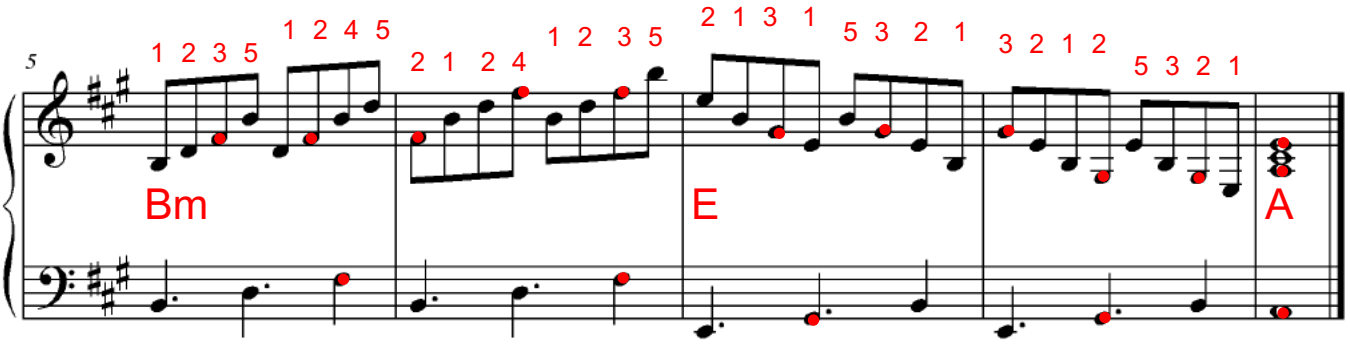
LEFT HAND workout



GO up and back down in both execises

BROKEN CHORD TWIST (Practice RIGHT HAND only to begin with)





Play the above again but this time change the order of ascending and descending
ie Start on a high A and descend then go up an F#m and so on. See if you can work out the fingering. Try to keep your THUMB off the black keys IF POSSIBLE.

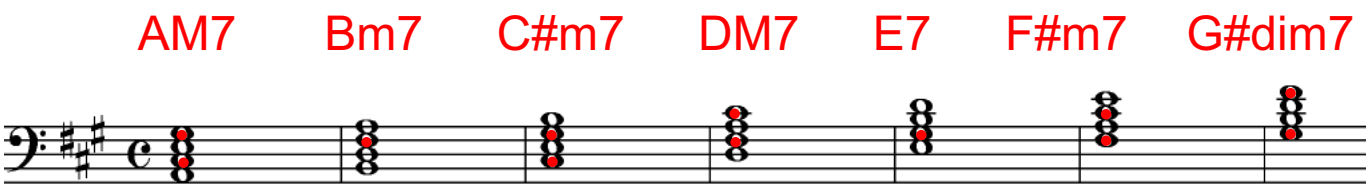
No. of times practiced

☐ ☐

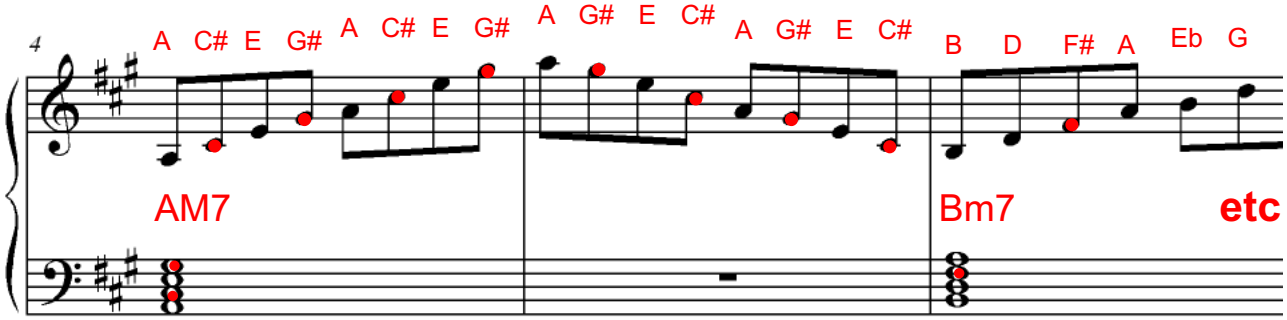
7th CHORDS WORKOUT

A3

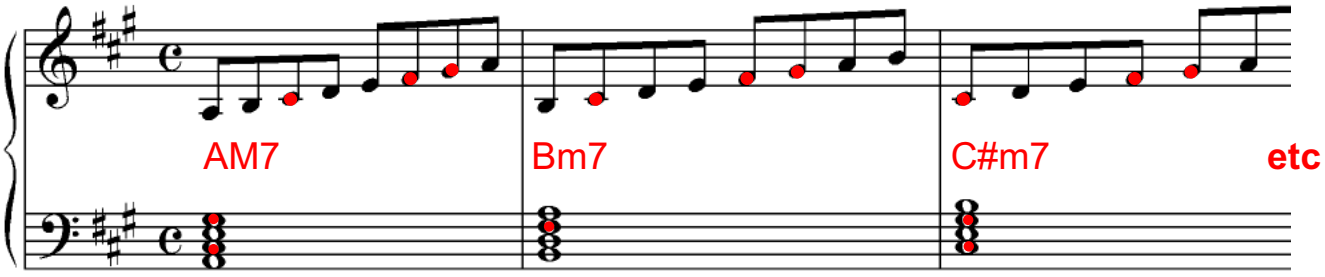
A FAMILY CHORDS - Left Hand



BROKEN 7th CHORDS WORKOUT 2 octaves / up and down (see page 94 for fingering)



A MAJOR SCALE WORKOUT Scale of A (starting on each chord note)



A Family 7 chords

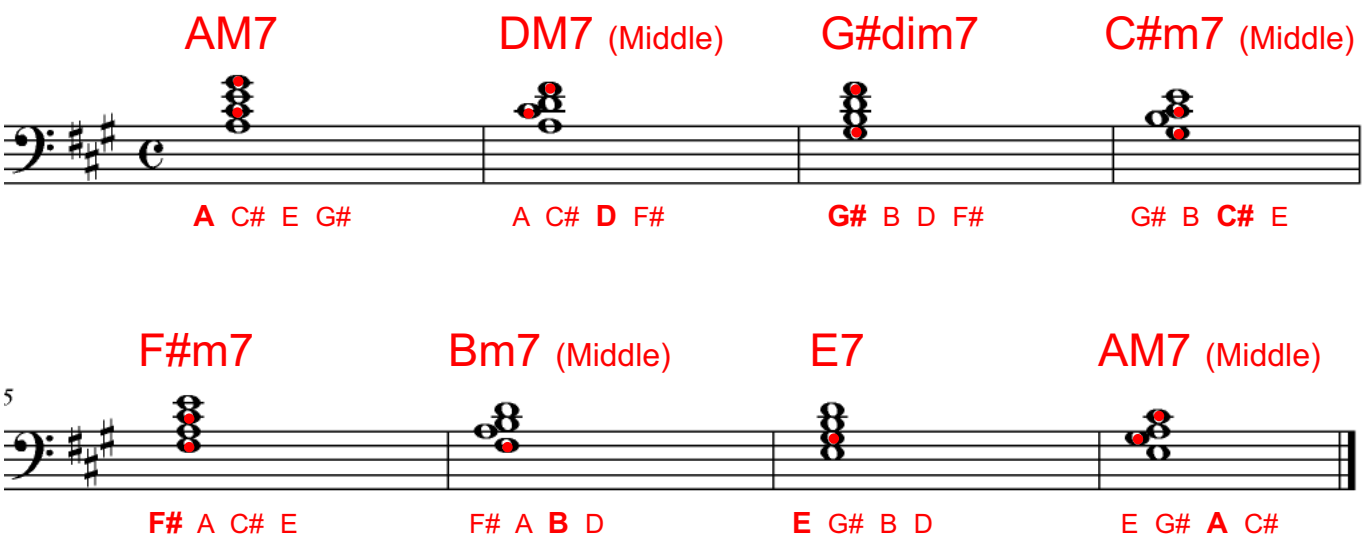
No. of times practiced

☐ ☐

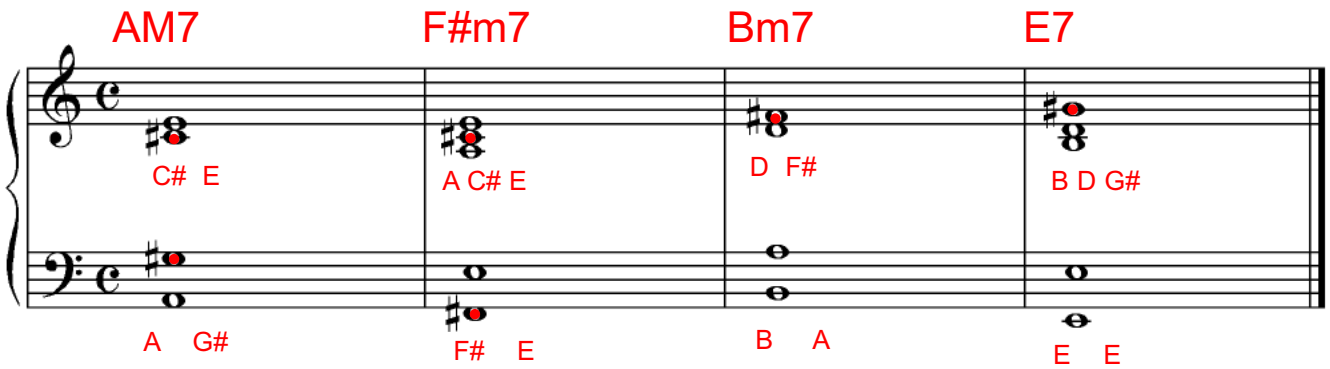
7th CHORDS WORKOUT

A4

A FAMILY CHORDS CYCLE OF FIFTHS PROGRESSION
(The CATERPILLAR)



I - VI - II - V VOICINGS (Right hand can IMPROVISE as well)



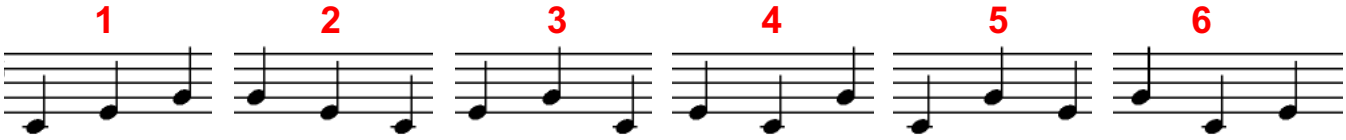
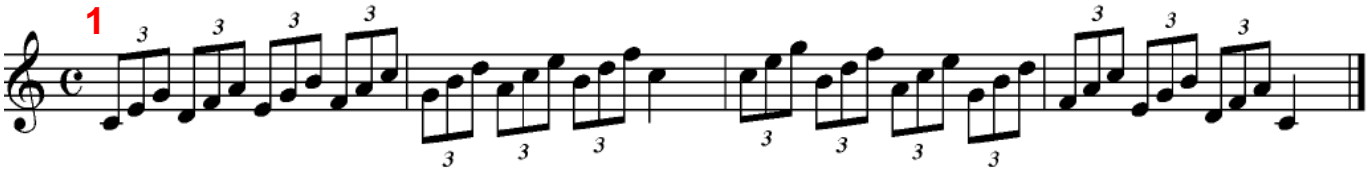
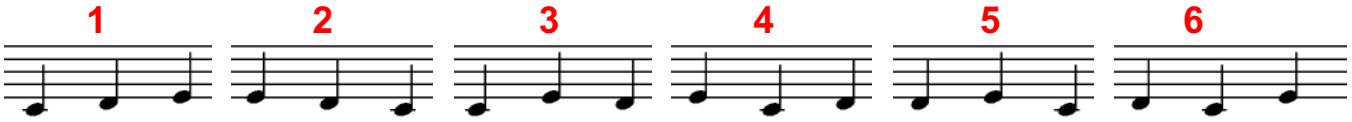
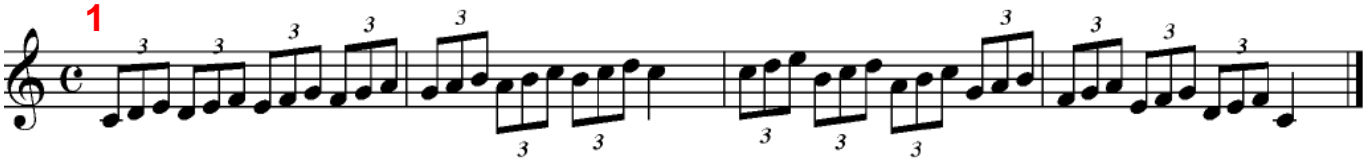
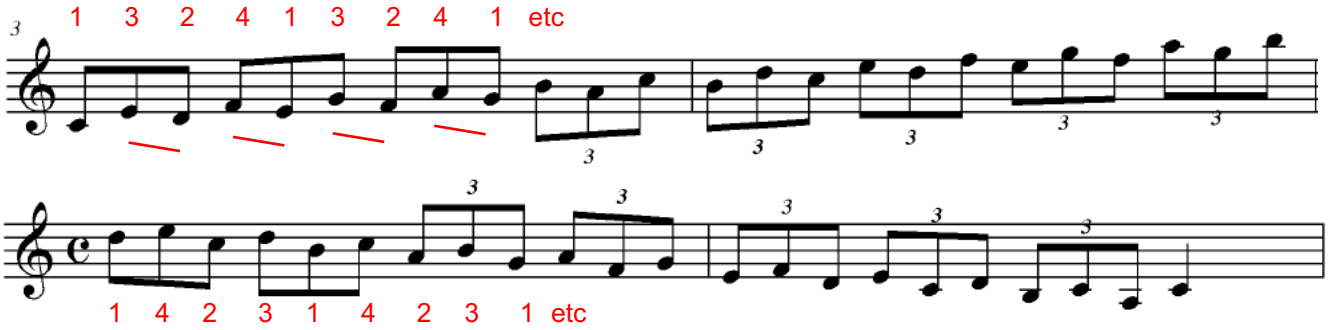
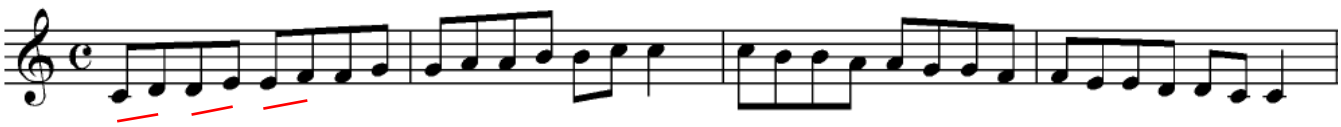
No. of times practiced

TWELVE THREE NOTE MELODIC PATTERNS

A5

TRANSPOSE the following patterns to the key of A

For fingering see page 94

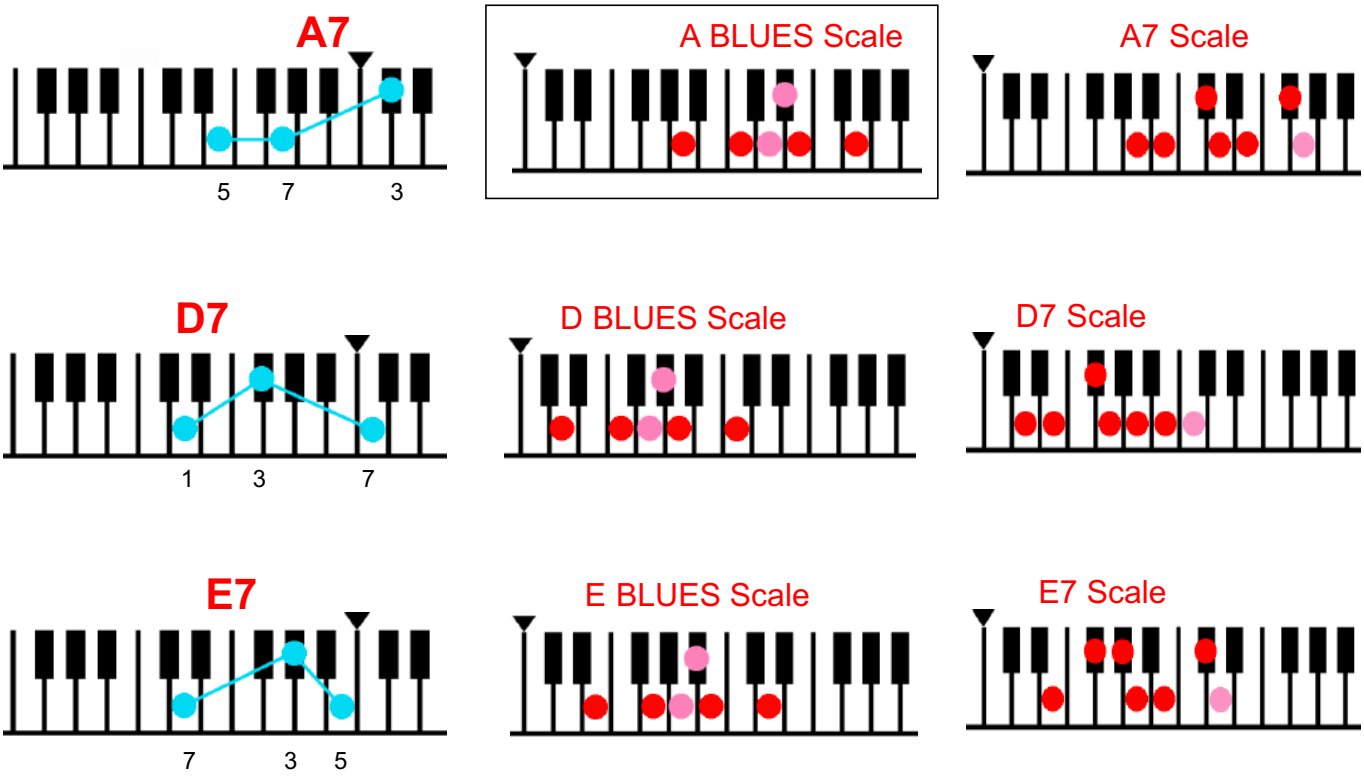
CHORDAL

Practice each pattern up one octave then down again as follows..

SCALE-WISE

Practice each pattern up one octave then down again as follows..

The following is a mixture of two of the above patterns. If you look closely it is like a two note pattern played in thirds. Try it - it's easier than it looks.

DIATONIC (TWO note pattern) Use the fingering you use for the major scale

No. of times practiced

☐ ☐

BLUES PRACTICE - 3

BASIC BLUES WORKOUT

Improvise over the left hand chords with CHORD TONES or these scales
The A BLUES Scale can be used throughout



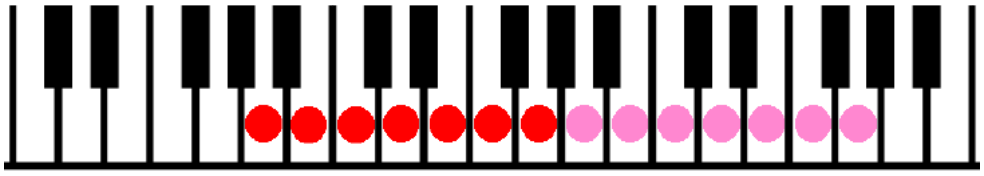
A7	A7	A7	A7	D7	D7
A7	A7	E7	D7	A7	A7 or E7

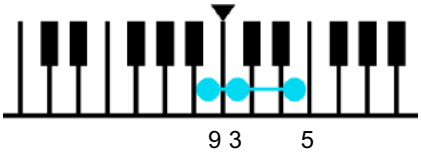
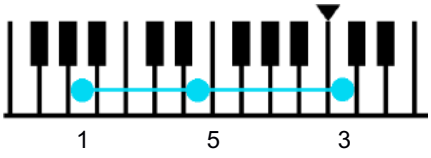
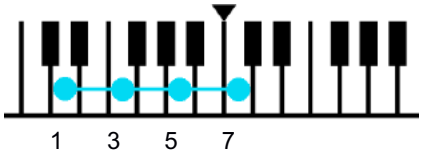
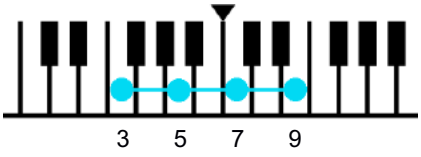
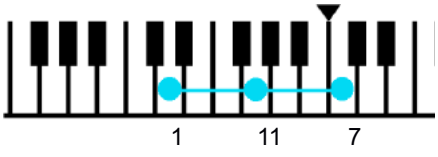
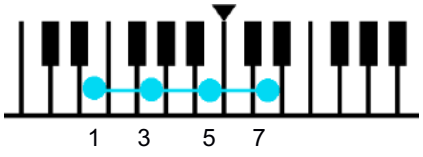
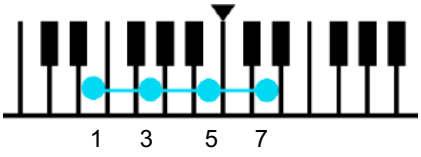
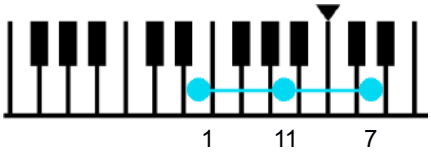
No. of times practiced

MINOR BLUES WORKOUT

A7

A MINOR (Natural) SCALE / same notes as C major



1.	2.	3.
Am7 5 7 1 3	**Am7 alt**  9 3 5	**Am7 alt**  1 5 3
Dm7  1 3 5 7	**Dm7 alt**  3 5 7 9 (FM7)	**Dm7 alt**  1 11 7
Em7  1 3 5 7	**Em7 alt**  1 3 5 7	**Em7 alt**  1 11 7

Don’t worry about following a chord progression - just change chords when you feel like it.

Improvise using chord tones and scale patterns - experiment - the altered chords are very dissonant so you will be able to make mistakes and still sound good.

No. of times practiced

☐ ☐

BLUES PRACTICE - 3

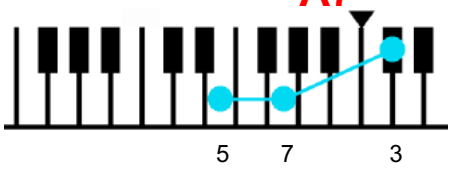
TRADITIONAL JAZZ / BLUES PROGRESSION

A8

A7	D7	A7	A7	D7	D#dim
A7	F#7	Bm7	E7	A7 F#7	Bm7 E7

Improvise with CHORD TONES or these scales
(A BLUES scale can be used throughout)

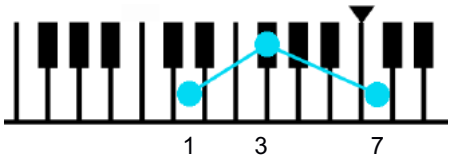
A7



A BLUES Scale

A7 Scale

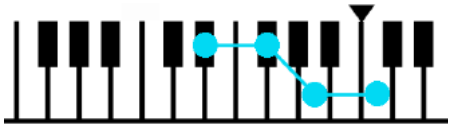
D7



D BLUES Scale

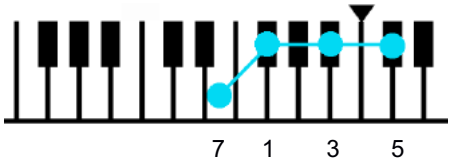
D7 Scale

D#dim

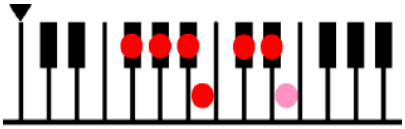


D# dim Scale

F#7



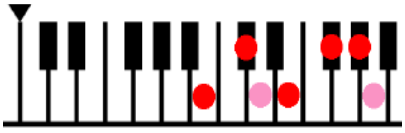
F#7 Scale



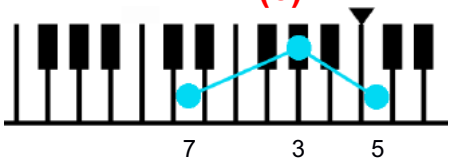
Bm7

B BLUES Scale

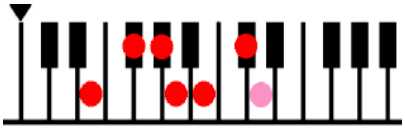
Bm7 Scale



E7(6)



E7 Scale



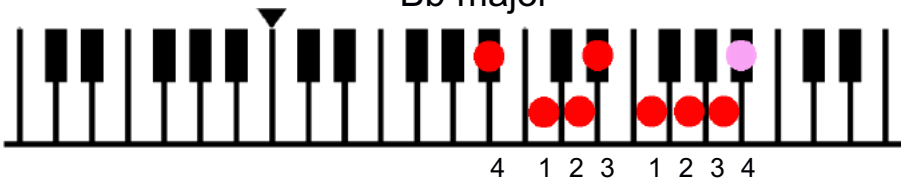
No. of times practiced

THE KEY OF Bb MAJOR

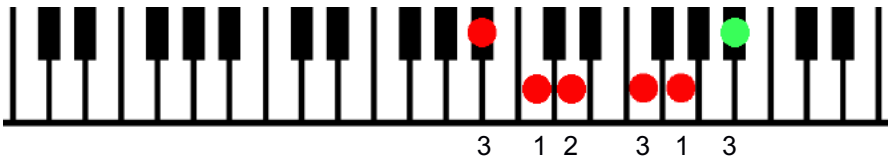
Bb1

SCALES

Bb major

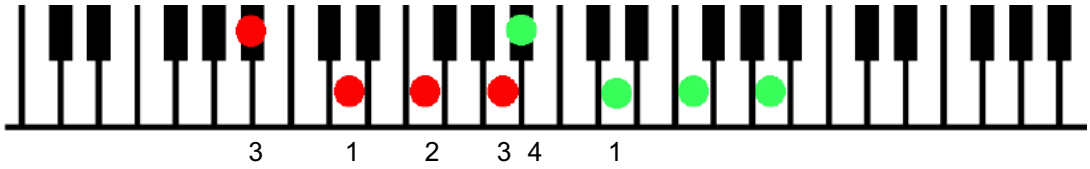


Bb Pentatonic

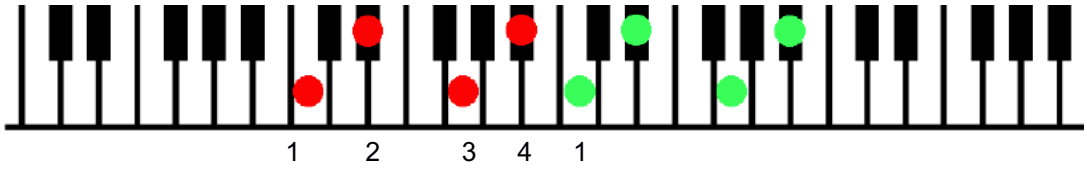


CHORD FAMILY FOR Bb MAJOR (Two Octaves)

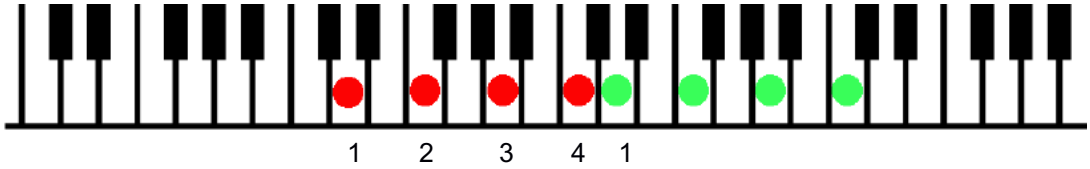
BbM7 I



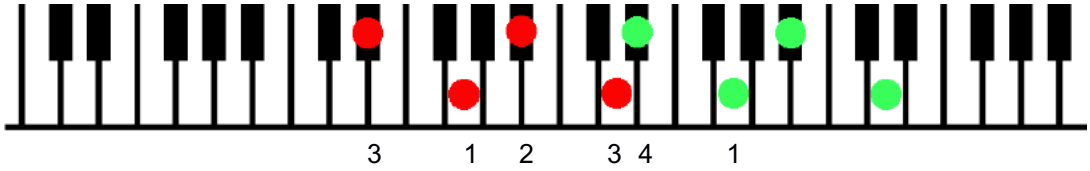
Cm7 II



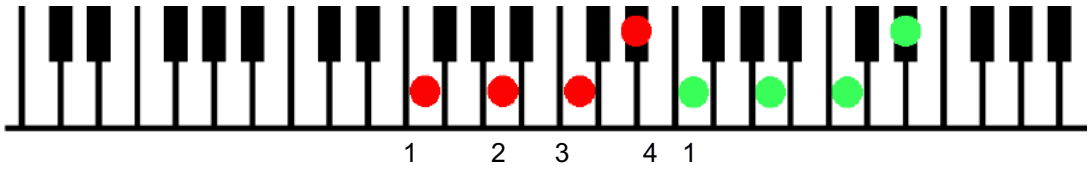
Dm7 III



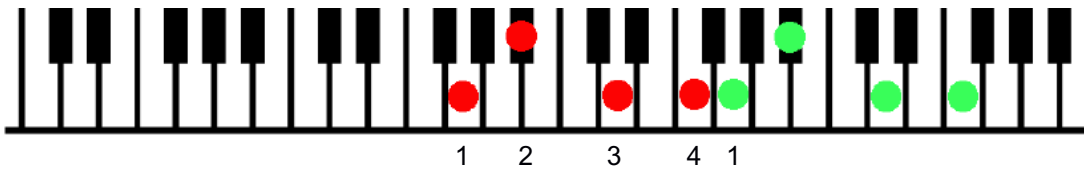
EbM7 IV



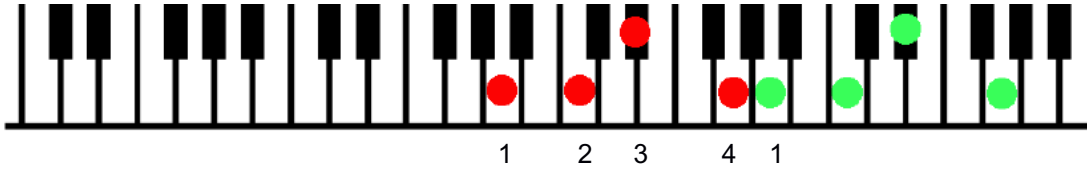
F7 V



Gm7 VI



$A^{o}7$ VII



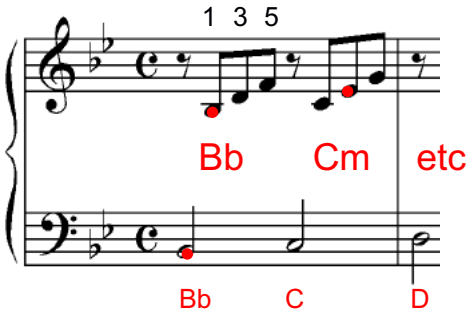
B FLAT MAJOR BASIC TRIAD WORKOUT

Bb$_2$

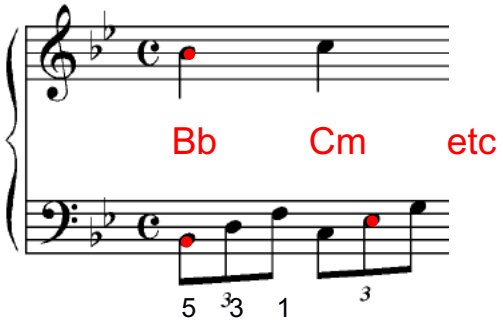
Bb FAMILY CHORDS

Bb Cm Dm Eb F Gm Adim

RIGHT HAND workout

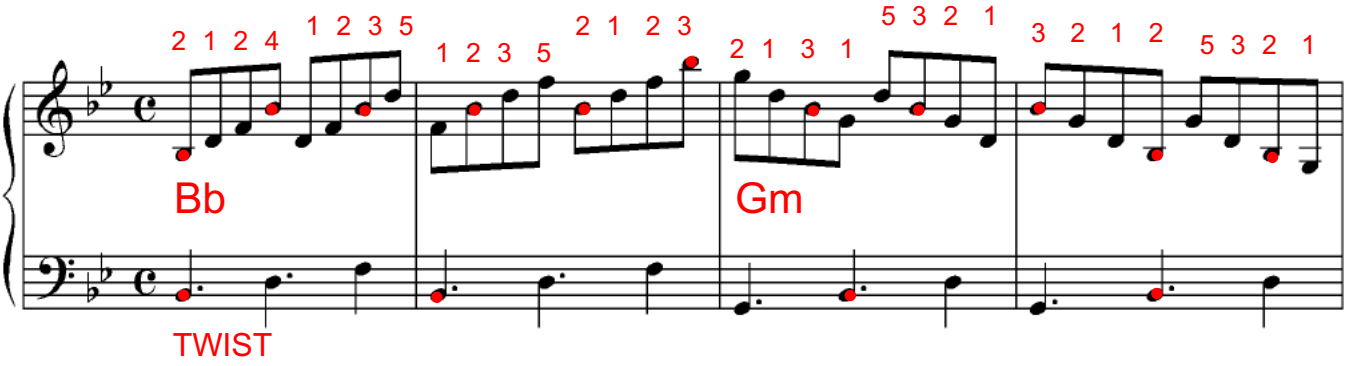


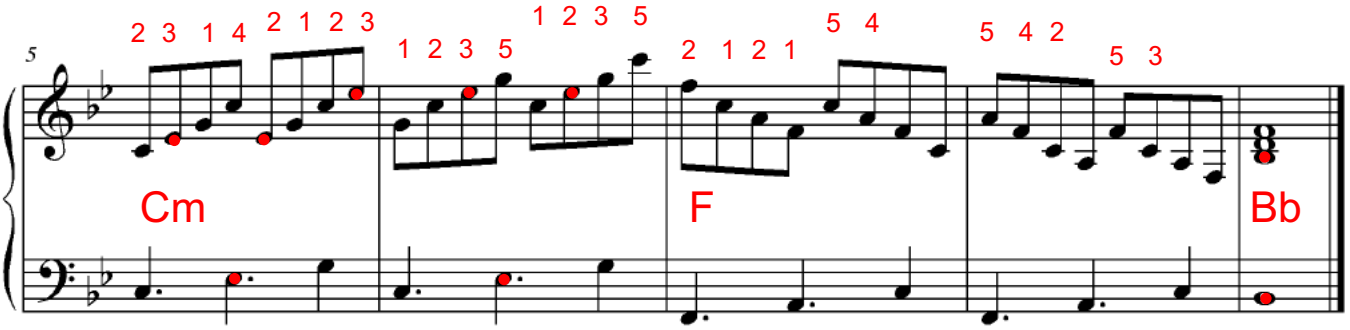
LEFT HAND workout



GO up and back down in both execises

BROKEN CHORD TWIST (Practice RIGHT HAND only to begin with)





Play the above again but this time change the order of ascending and descending
ie Start on a high Bb and descend then go up a Gm and so on. See if you can work out the fingering. Try to keep your THUMB off the black keys IF POSSIBLE.

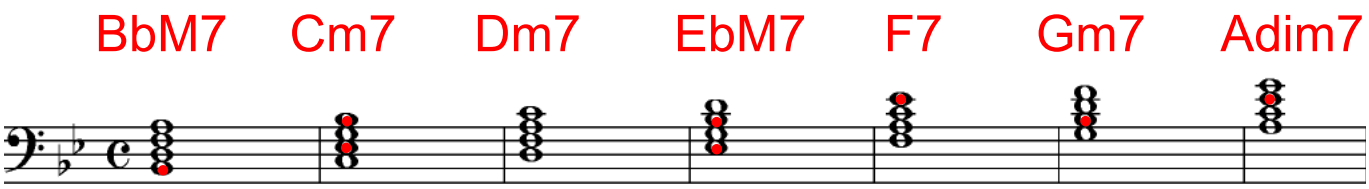
No. of times practiced

☐ ☐

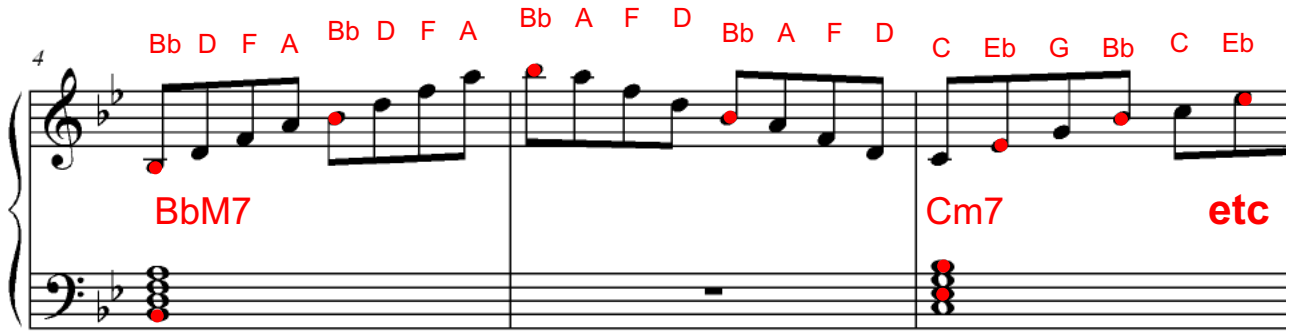
7th CHORDS WORKOUT

Bb$_3$

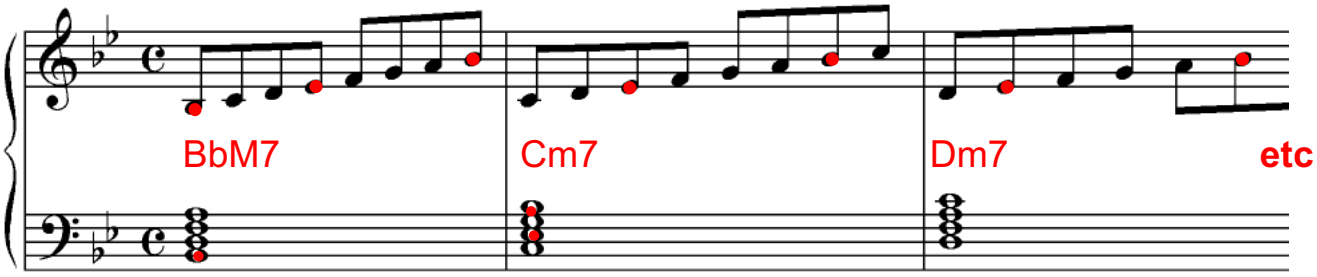
Bb FAMILY CHORDS - Left Hand



BROKEN 7th CHORDS WORKOUT 2 octaves / up and down (see page 102 for fingering)



Bb MAJOR SCALE WORKOUT Scale of Bb (starting on each chord note)



Bb Family 7 chords

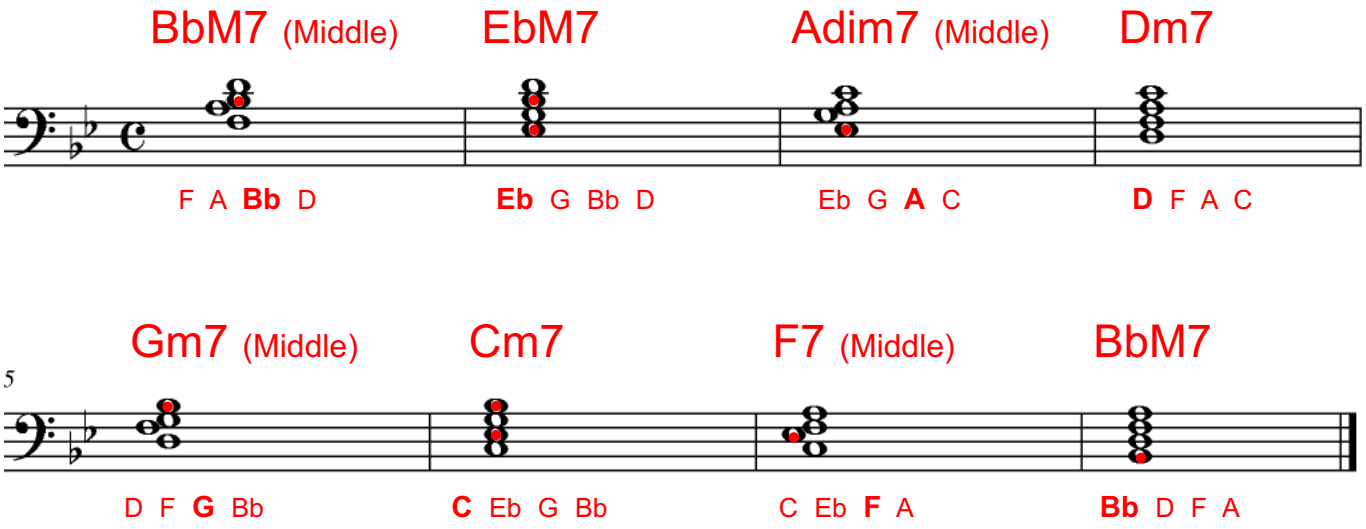
No. of times practiced

☐ ☐

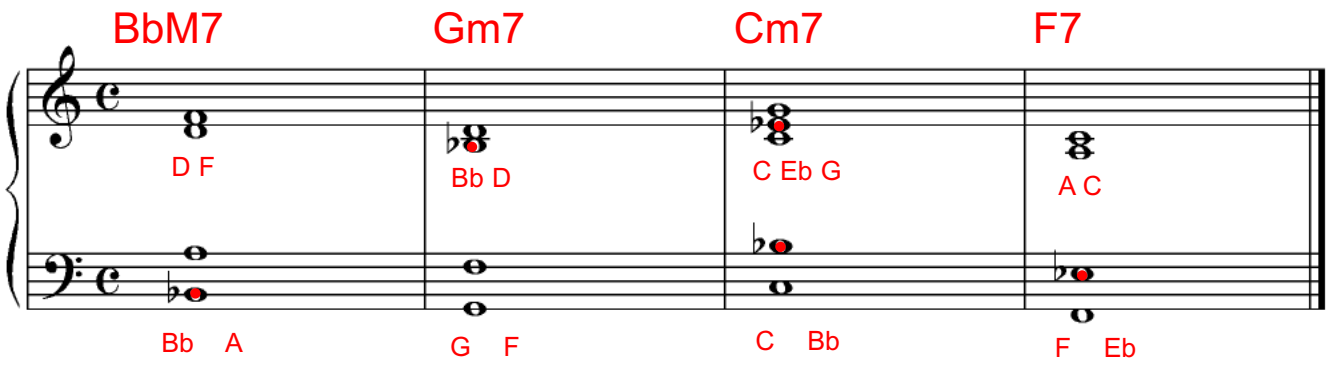
7th CHORDS WORKOUT

Bb4

Bb FAMILY CHORDS CYCLE OF FIFTHS PROGRESSION
(The CATERPILLAR)



I - VI - II - V VOICINGS (Right hand can IMPROVISE as well)

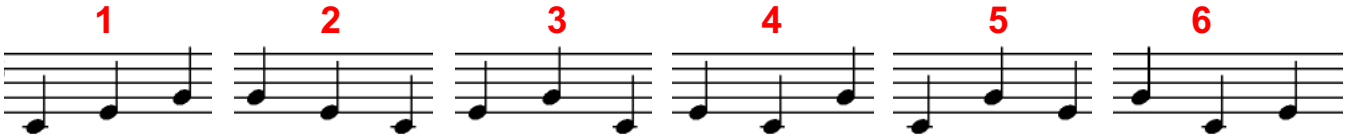
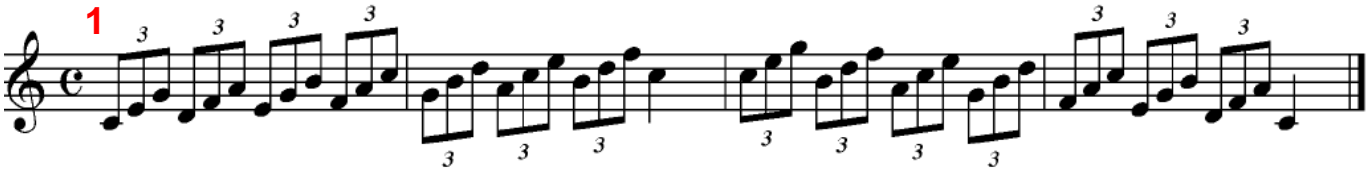
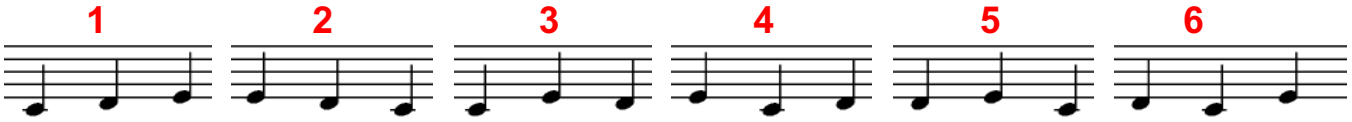
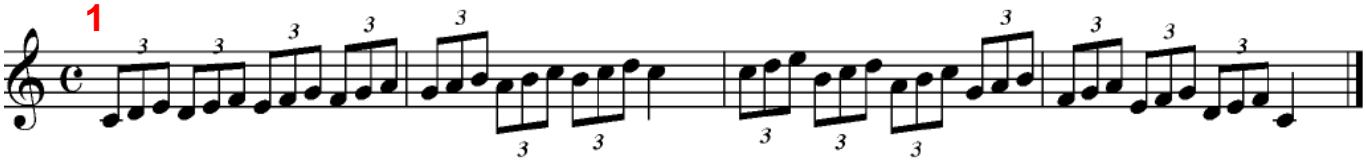
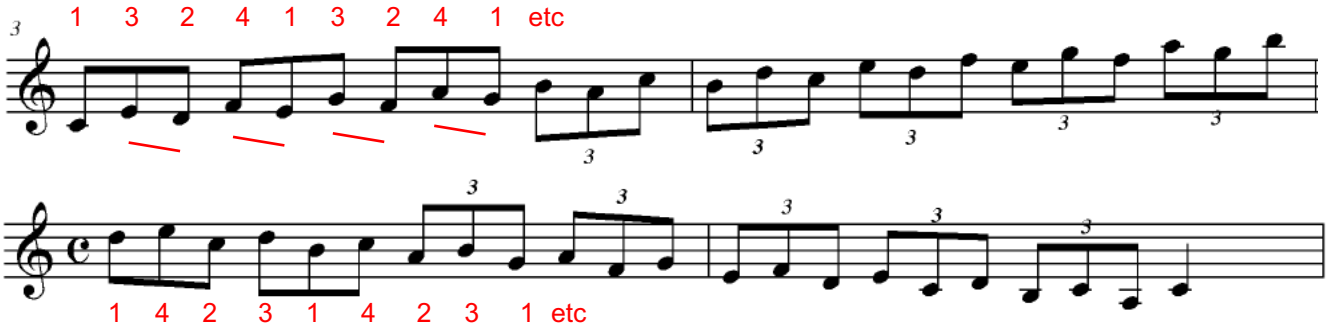
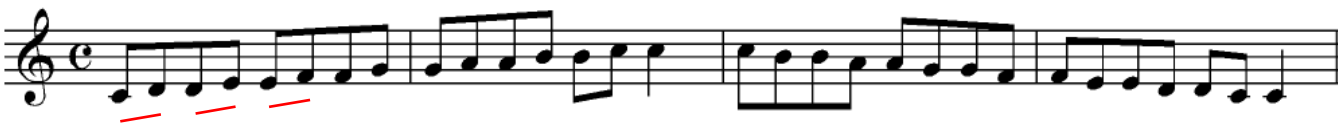


No. of times practiced

TWELVE THREE NOTE MELODIC PATTERNS **Bb**$_5$

TRANSPOSE the following patterns to the key of Bb

For fingering see page 102

CHORDAL

Practice each pattern up one octave then down again as follows..

SCALE-WISE

Practice each pattern up one octave then down again as follows..

The following is a mixture of two of the above patterns. If you look closely it is like a two note pattern played in thirds. Try it - it's easier than it looks.

DIATONIC (TWO note pattern) Use the fingering you use for the major scale

No. of times practiced

☐ ☐

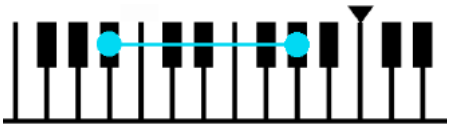
BLUES PRACTICE - 3

BASIC BLUES WORKOUT

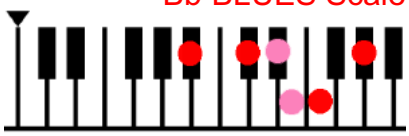
Bb6

Improvise over the left hand chords with CHORD TONES or these scales
The Bb BLUES Scale can be used throughout

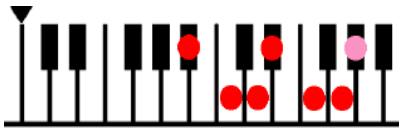
Bb7



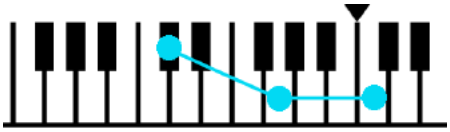
Bb BLUES Scale



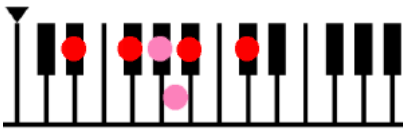
Bb7 Scale



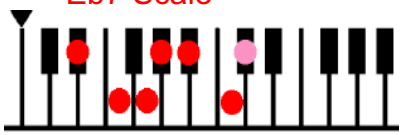
Eb7



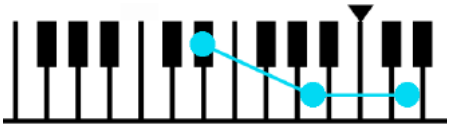
Eb BLUES Scale



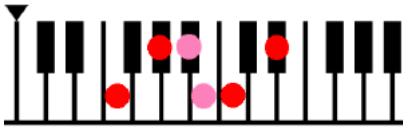
Eb7 Scale



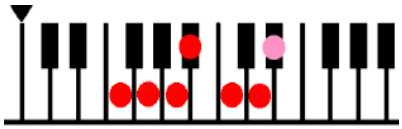
F7



F BLUES Scale



F7 Scale



Bb7	Bb7	Bb7	Bb7	Eb7	Eb7
Bb7	Bb7	F7	Eb7	Bb7	Bb7 or F7

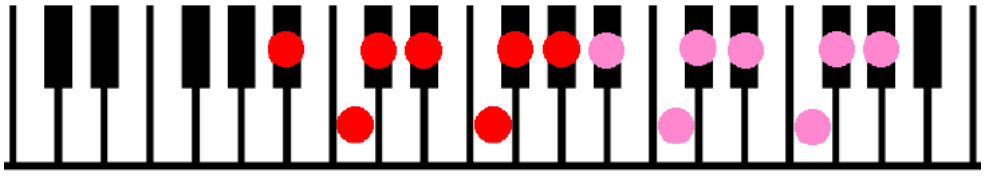
No. of times practiced

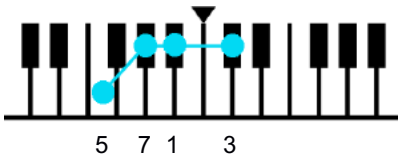
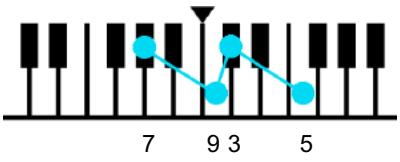
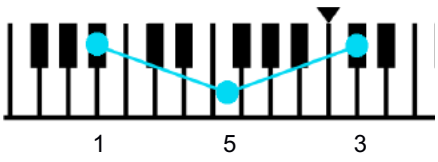
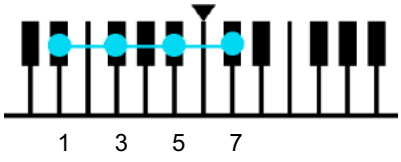
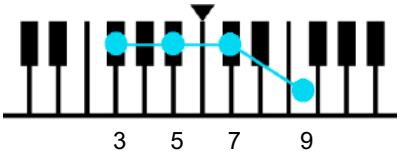
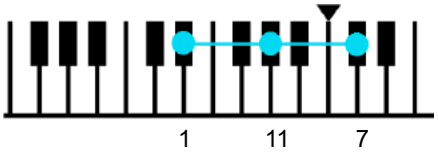
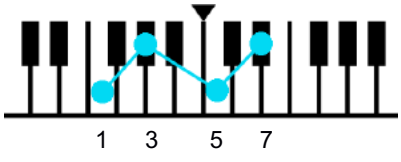
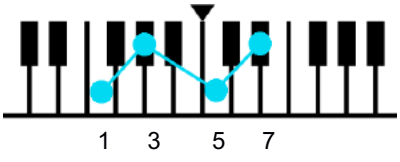
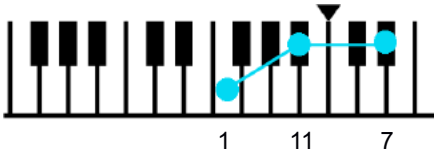
☐ ☐

MINOR BLUES WORKOUT

Bb_7

Bb MINOR (Natural) SCALE / same notes as Db major



1.	2.	3.
Bbm7	**Bbm7 alt**	**Bbm7 alt**
		
5 7 1 3	7 9 3 5 (DbM7)	1 5 3
Ebm7	**Ebm7 alt**	**Ebm7 alt**
		
1 3 5 7	3 5 7 9 (GbM7)	1 11 7
Fm7	**Fm7**	**Fm7 alt**
		
1 3 5 7	1 3 5 7	1 11 7

Don't worry about following a chord progression - just change chords when you feel like it.

Improvise using chord tones and scale patterns - experiment - the altered chords are very dissonant so you will be able to make mistakes and still sound good.

No. of times practiced

☐ ☐

BLUES PRACTICE - 3

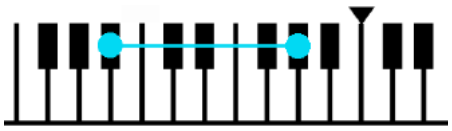
TRADITIONAL JAZZ / BLUES PROGRESSION

Bb8

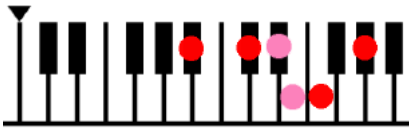
Bb7	Eb7	Bb7	Bb7	Eb7	Edim
Bb7	G7	Cm7	F7	Bb7 G7	Cm7 F7

Improvise with CHORD TONES or these scales
(Bb BLUES scale can be used throughout)

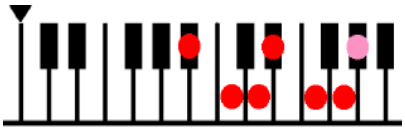
Bb7



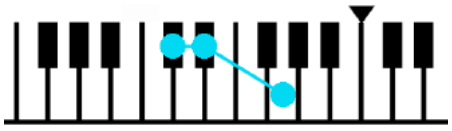
Bb BLUES Scale



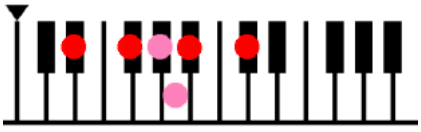
Bb7 Scale



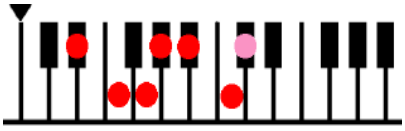
Eb7



Eb BLUES Scale

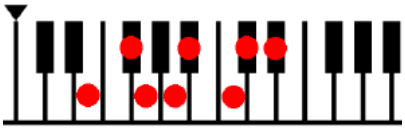


Eb7 Scale



Edim

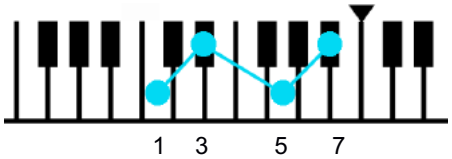
E dim Scale



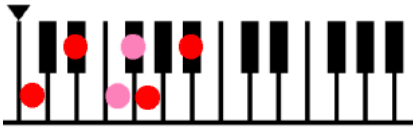
G7

G7 Scale

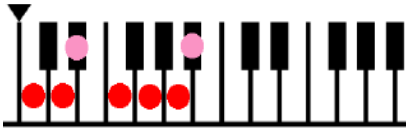
Cm7



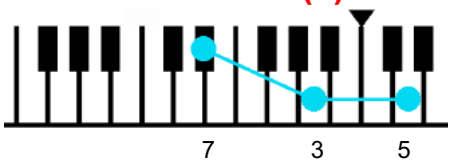
C BLUES Scale



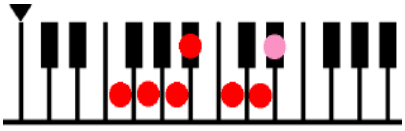
Cm7 Scale



F7 (6)



F7 Scale

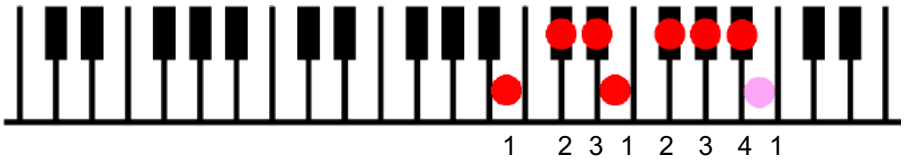


No. of times practiced

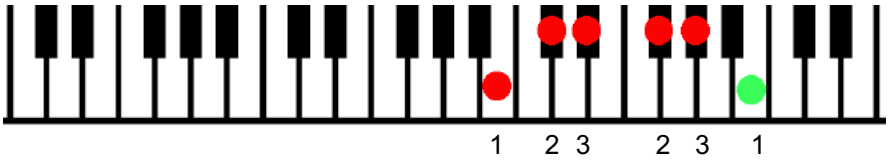
THE KEY OF B MAJOR

SCALES

B major

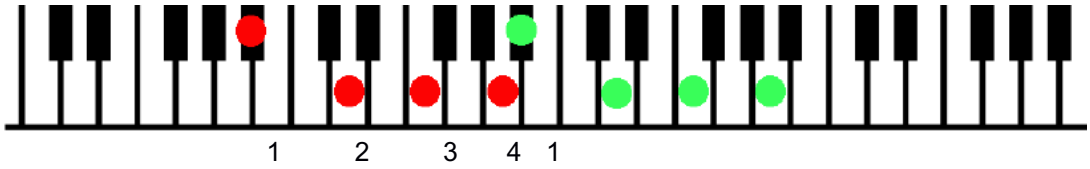


B Pentatonic

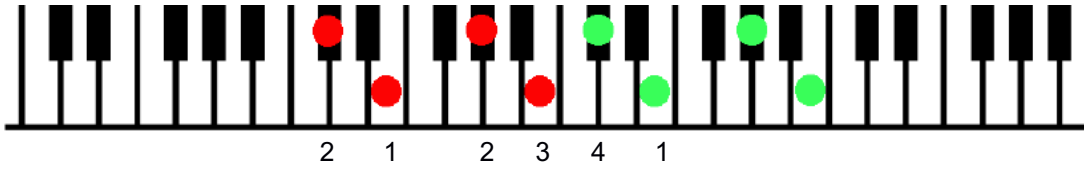


CHORD FAMILY FOR B MAJOR (Two Octaves)

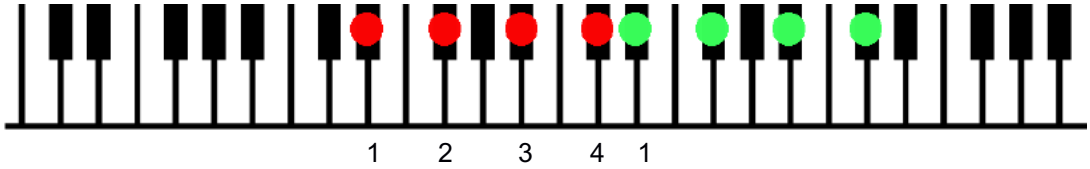
BM7 I



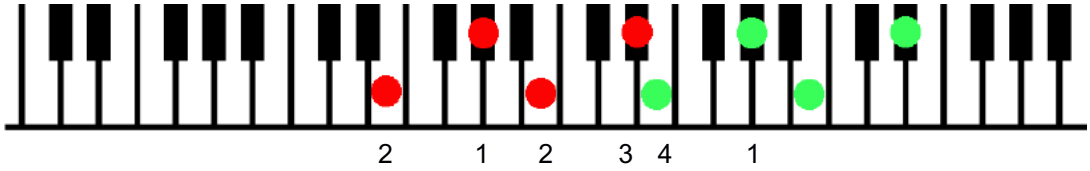
C#m7 II



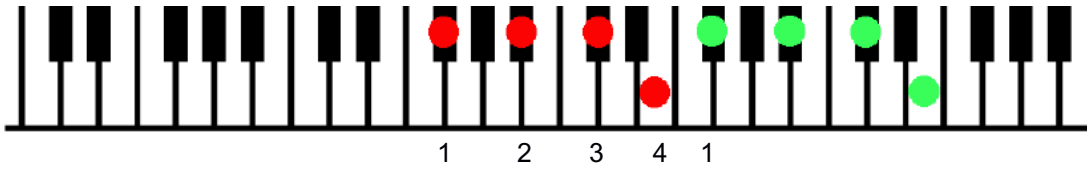
D#m7 III



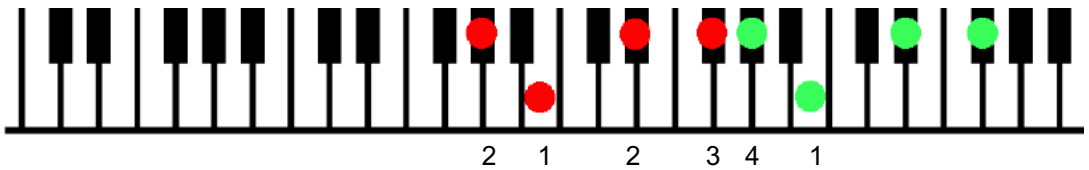
EM7 IV



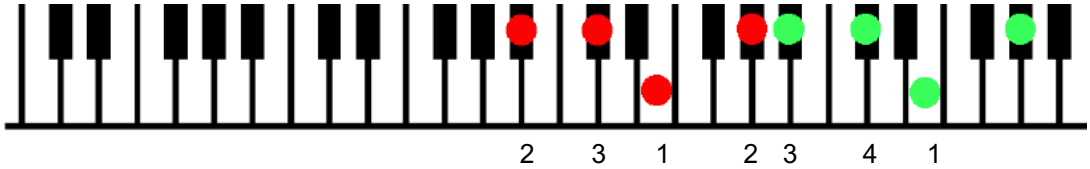
F#7 V



G#m7 VI



A#°7 VII



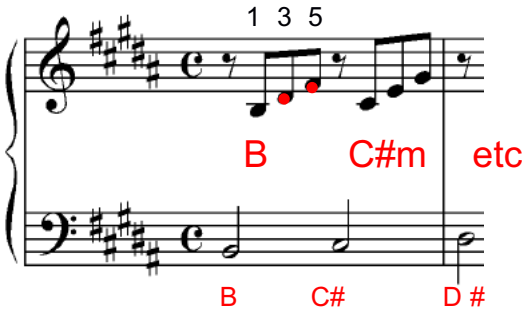
B MAJOR BASIC TRIAD WORKOUT

B2

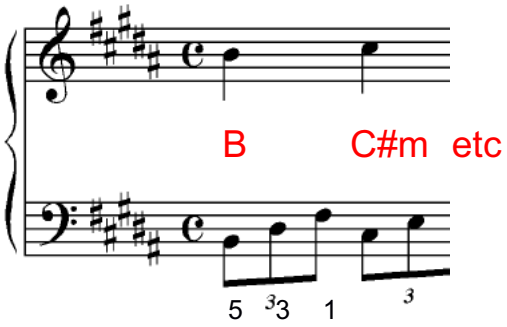
B FAMILY CHORDS

B C#m D#m E F# G#m A#dim

RIGHT HAND workout

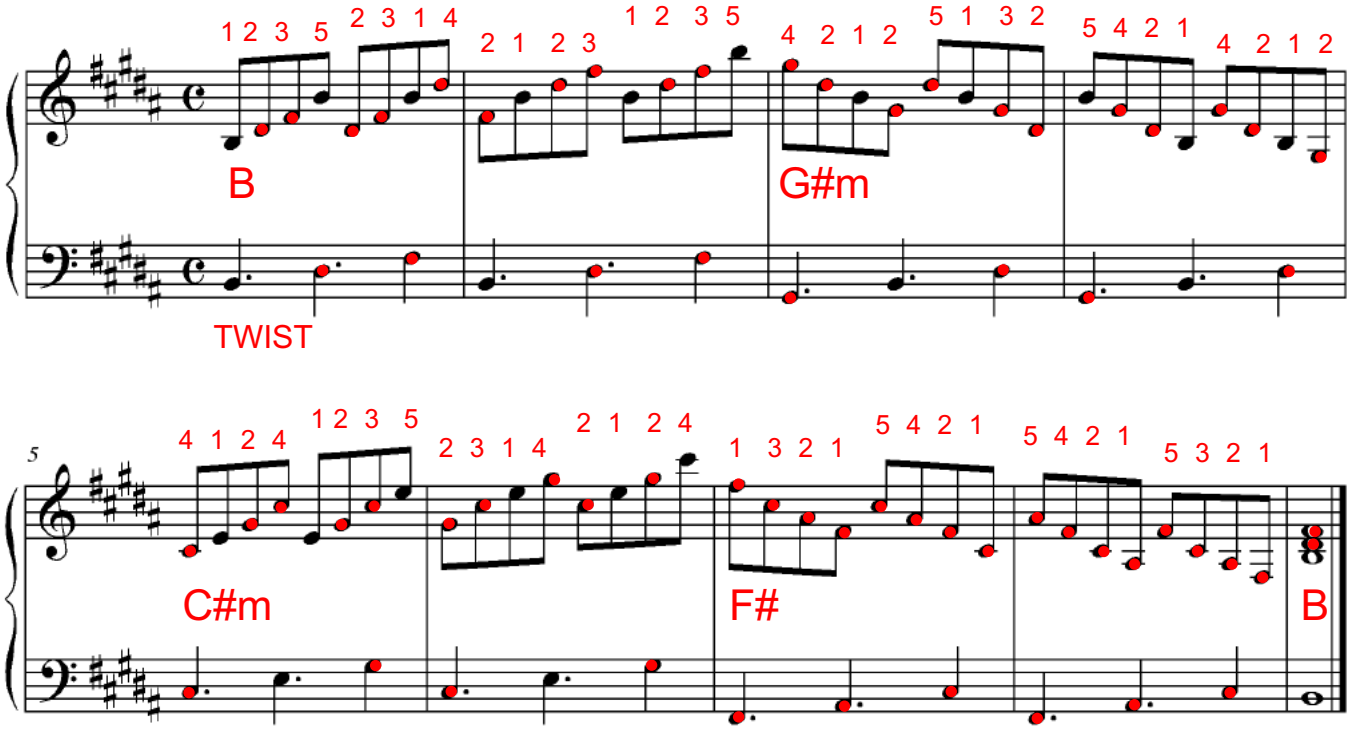


LEFT HAND workout



GO up and back down in both execises

BROKEN CHORD TWIST (Practice RIGHT HAND only to begin with)



Play the above again but this time change the order of ascending and descending
ie Start on a high D and descend then go up an Bm and so on. See if you can work out the fingering. Try to keep your THUMB off the black keys IF POSSIBLE.

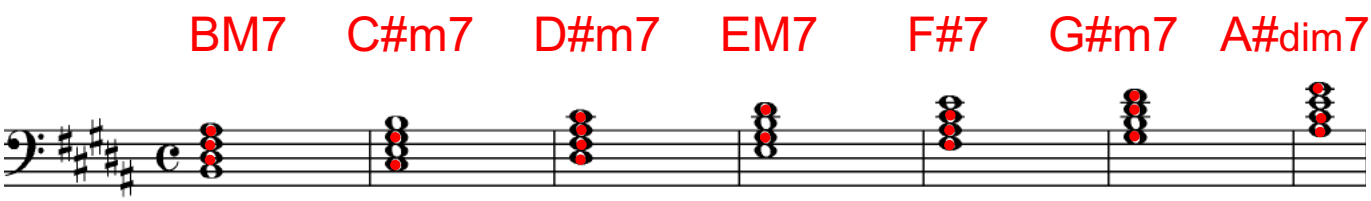
No. of times practiced

☐ ☐

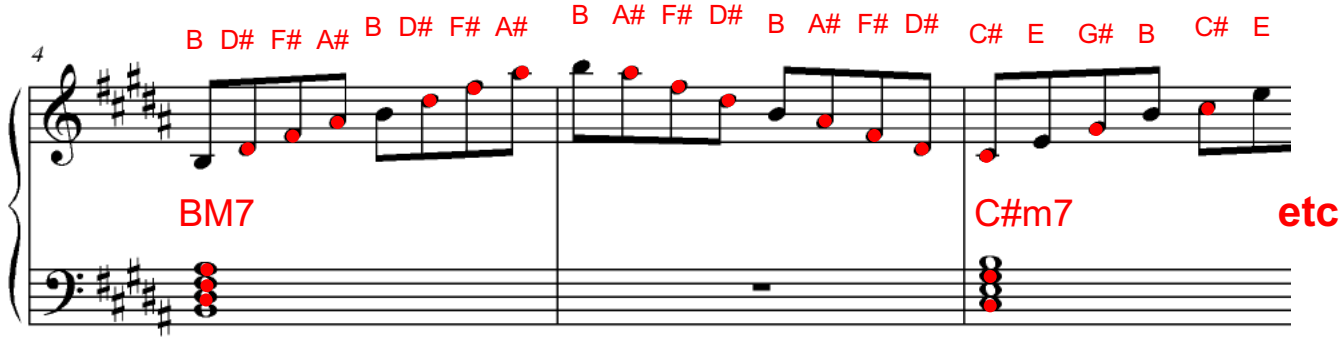
7th CHORDS WORKOUT

B$_3$

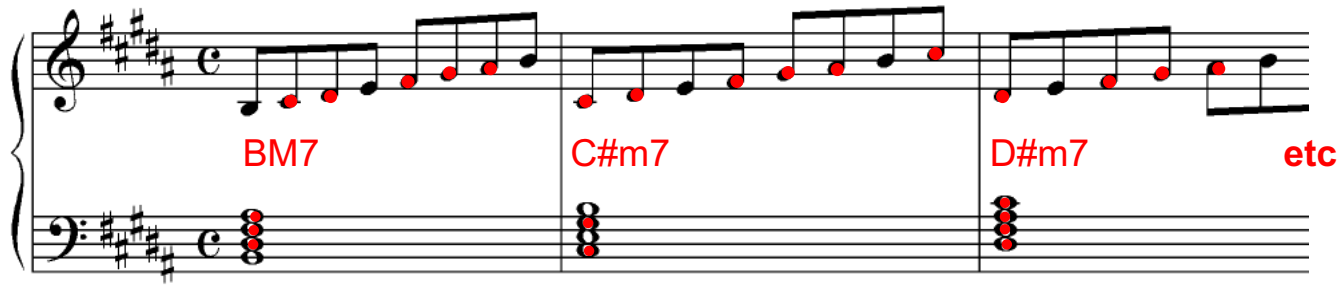
B FAMILY CHORDS - Left Hand



BROKEN 7th CHORDS WORKOUT 2 octaves / up and down (see page 110 for fingering)



B MAJOR SCALE WORKOUT Scale of B (starting on each chord note)

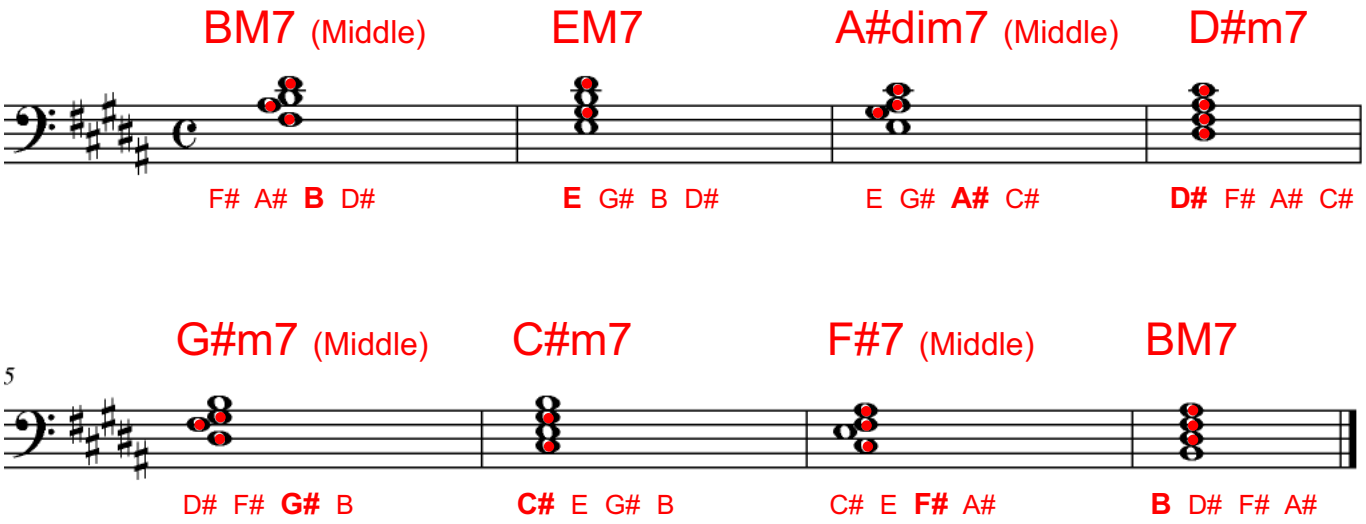


B Family 7 chords

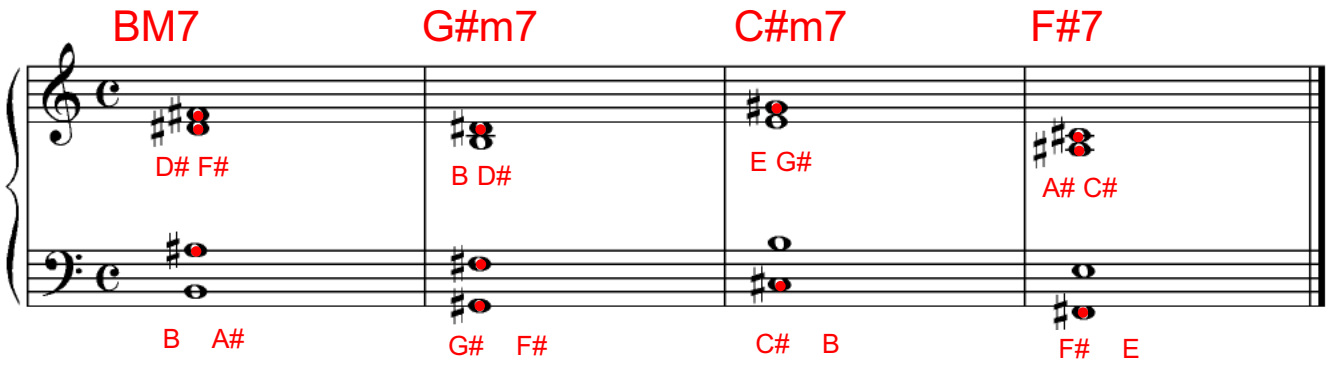
No. of times practiced

☐ ☐

B FAMILY CHORDS CYCLE OF FIFTHS PROGRESSION
(The CATERPILLAR)



I - VI - II - V VOICINGS (Right hand can IMPROVISE as well)



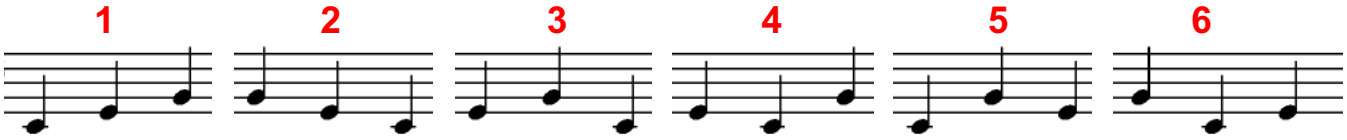
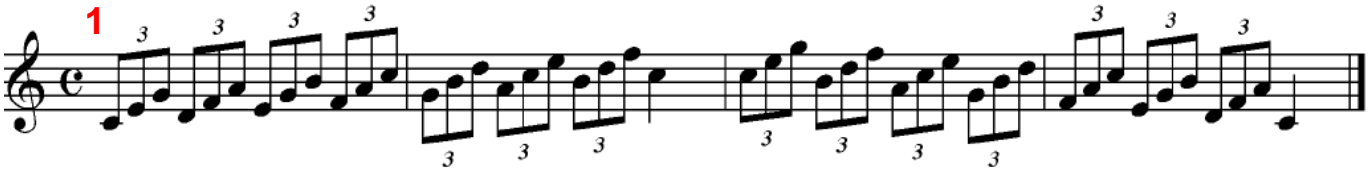
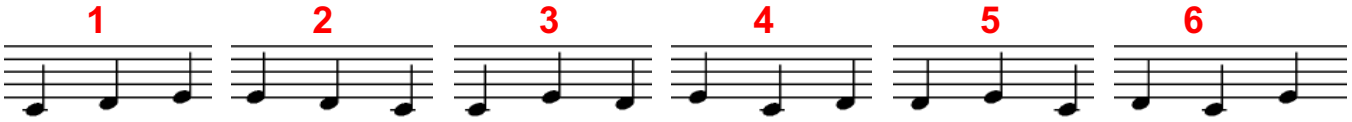
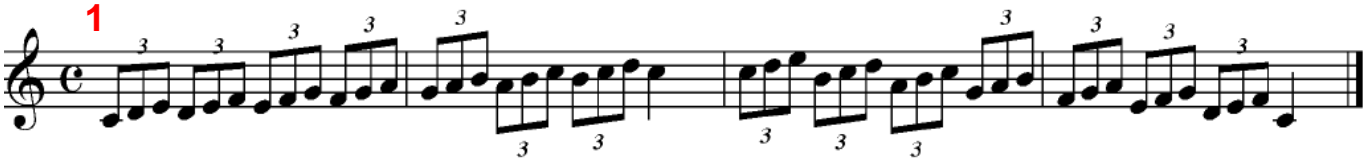
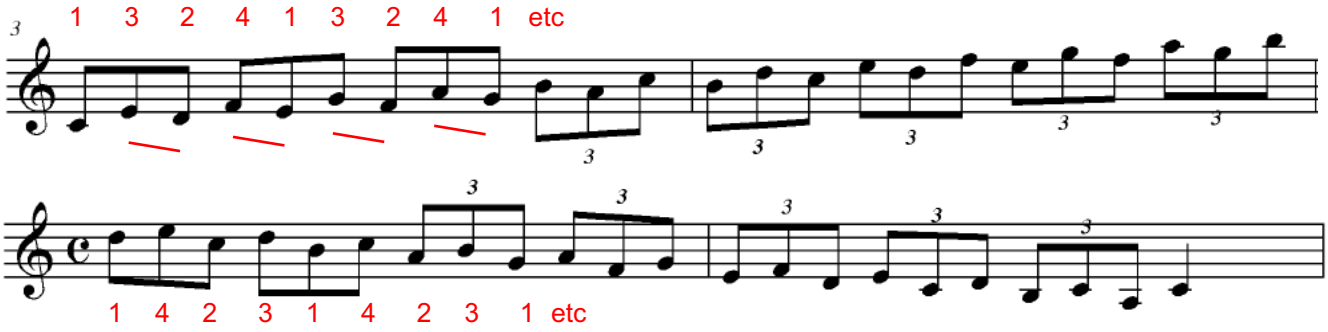
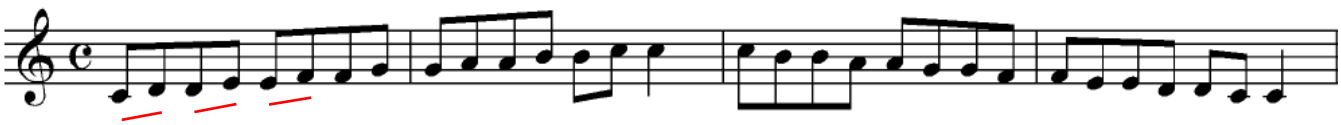
No. of times practiced

TWELVE THREE NOTE MELODIC PATTERNS

B5

TRANSPOSE the following patterns to the key of B

For fingering see page 110

CHORDAL

Practice each pattern up one octave then down again as follows..

SCALE-WISE

Practice each pattern up one octave then down again as follows..

The following is a mixture of two of the above patterns. If you look closely it is like a two note pattern played in thirds. Try it - it's easier than it looks.

DIATONIC (TWO note pattern) Use the fingering you use for the major scale

No. of times practiced

BLUES PRACTICE - 3

BASIC BLUES WORKOUT

B6

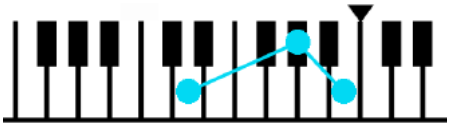
Improvise over the left hand chords with CHORD TONES or these scales
The B BLUES Scale can be used throughout

B7

B BLUES Scale

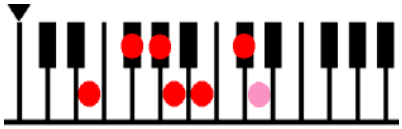
B7 Scale

E7

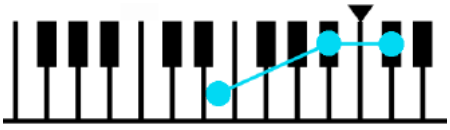


E BLUES Scale

E7 Scale

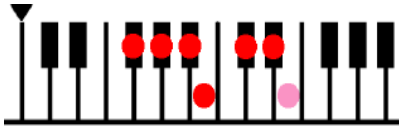


F#7



F# BLUES Scale

F#7 Scale



B7	B7	B7	B7	E7	E7
B7	B7	F#7	E7	B7	B7 or F#7

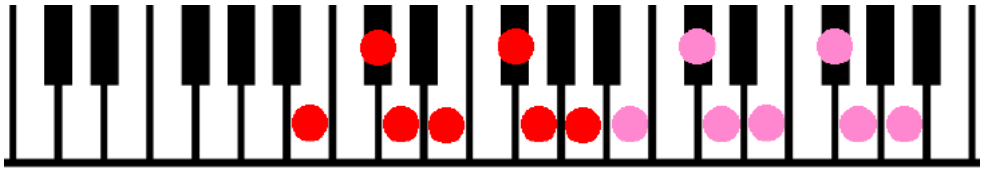
No. of times practiced

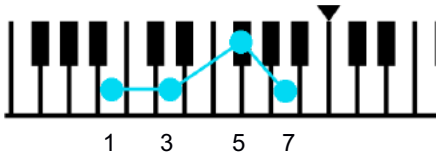
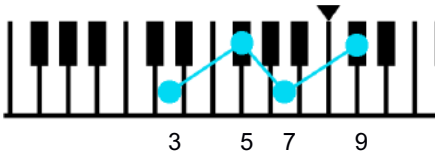
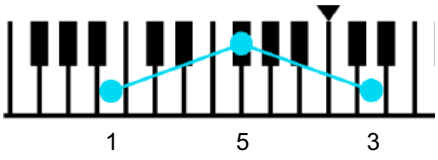
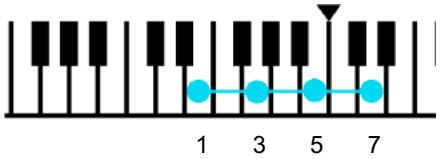
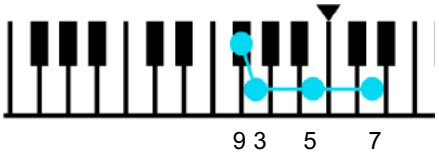
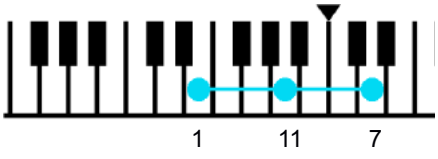
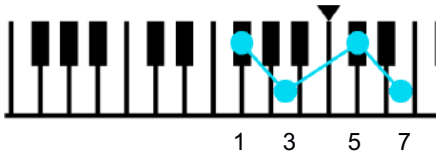
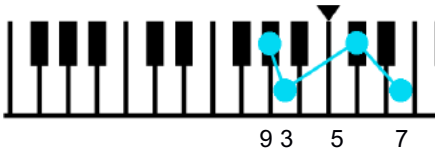
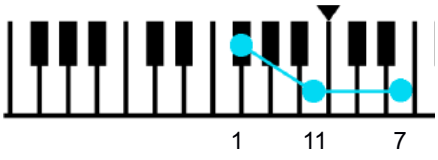
☐ ☐

MINOR BLUES WORKOUT

B7

B MINOR (Natural) SCALE / same notes as D major



1.	2.	3.
Bm7	**Bm7 alt**	**Bm7 alt**
 1 3 5 7	 3 5 7 9 (DM7)	 1 5 3
Em7	**Em7 alt**	**Em7 alt**
 1 3 5 7	 9 3 5 7 (GM7)	 1 11 7
F#m7	**F#m7 alt**	**F#m7 alt**
 1 3 5 7	 9 3 5 7 (AM7)	 1 11 7

Don’t worry about following a chord progression - just change chords when you feel like it.

Improvise using chord tones and scale patterns - experiment - the altered chords are very dissonant so you will be able to make mistakes and still sound good.

No. of times practiced

☐ ☐

BLUES PRACTICE - 3

TRADITIONAL JAZZ / BLUES PROGRESSION

B8

B7	E7	B7	B7	E7	Fdim
B7	G#7	C#m7	F#7	B7 G#7	C#m7 F#7

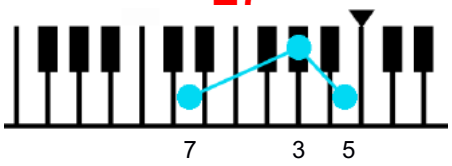
Improvise with CHORD TONES or these scales
(B BLUES scale can be used throughout)

B7

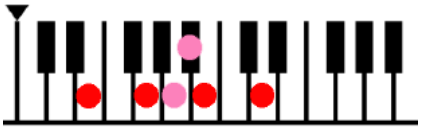
B BLUES Scale

B7 Scale

E7

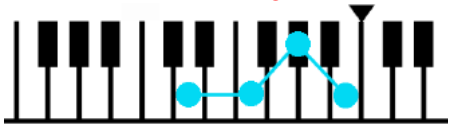


E BLUES Scale

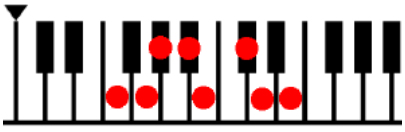


E7 Scale

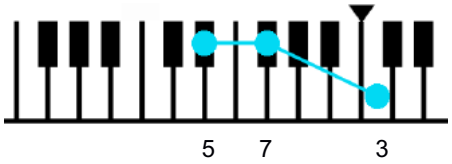
Fdim



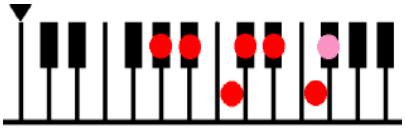
F dim Scale



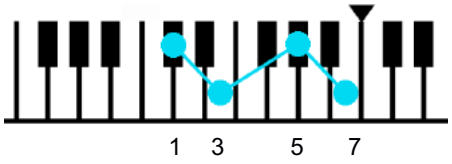
G#7



G#7 Scale

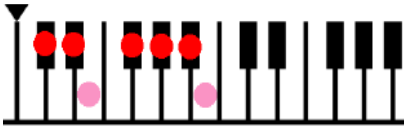


C#m7

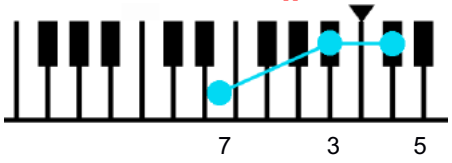


C# BLUES Scale

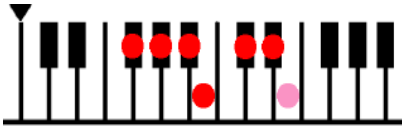
C#m7 Scale



F#7



F#7 Scale



No. of times practiced

☐ ☐

TO BE
CONTINUED...

HOW TO PRACTICE

The golden rule of practice is -

Practice what you CAN'T play

not what you CAN play!

To be more accurate, you need a balance. Too many scales and tricky passages and you get fed up. Too many familiar safe pieces and you don't move forward. They say you are most alert when you FIRST sit down at the piano so you should try the difficult stuff then. THEN you can reward yourself with playing the easy, fun stuff. Makes sense!

DON'T FORGET TO CHECK OUT SECTION 10